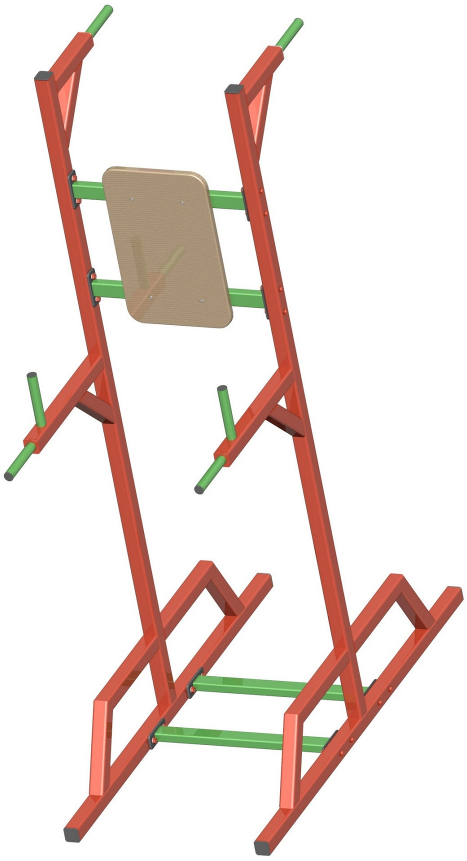
Chin Dip



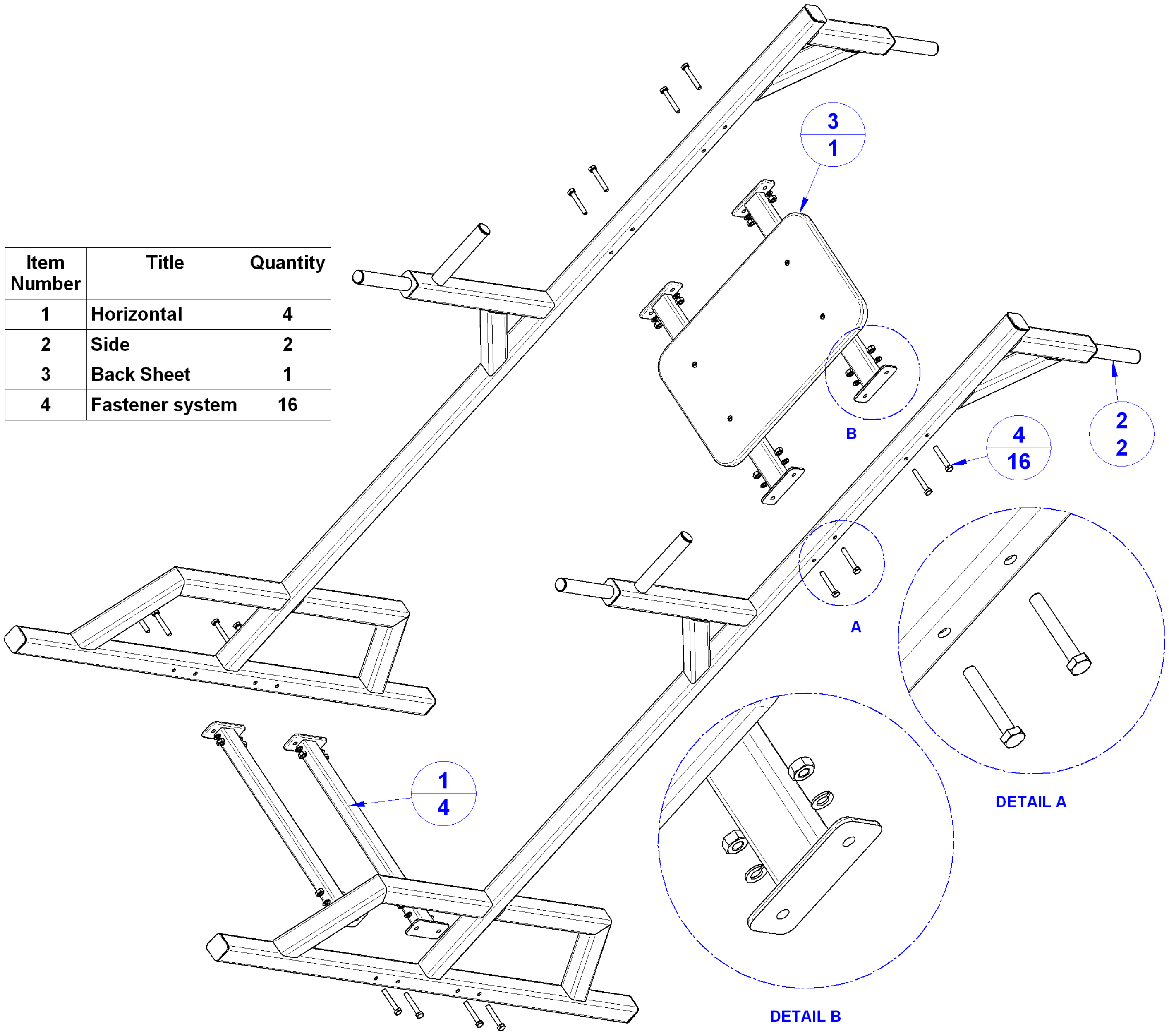
The measurements within this text and 2D documentation are given both in millimeters and inches (in brackets). This website is based on ISO measurement unit system, which is the international standard. I apologize to the people who use other measurement units; but I believe that measurements given in millimeters and inches should be adequate for everyone who would like to build this project.

Besides that, on today’s Internet it is easy to purchase the ruler that contains all the measurement units and thus overcome the difficulties of any kind.

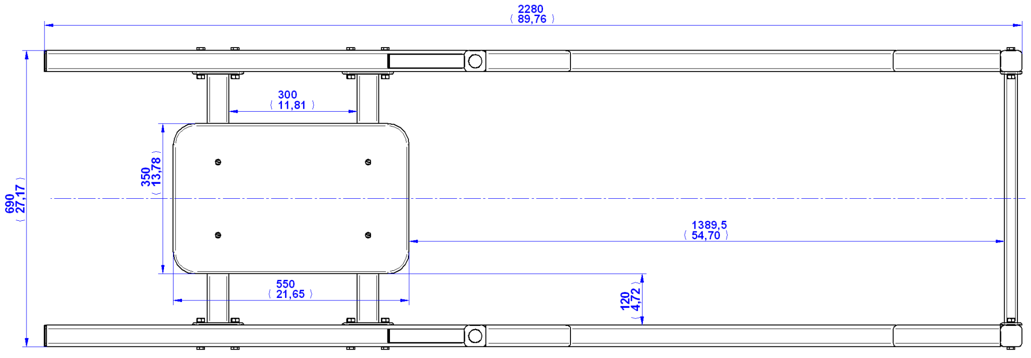
Use various tools and clamps in process of welding, so you could weld the items together with accuracy.

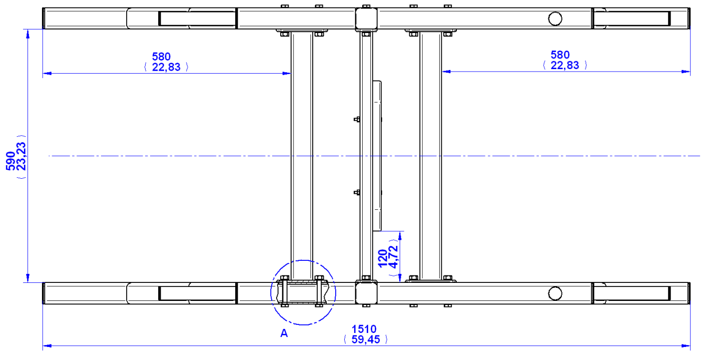
Subassembly List

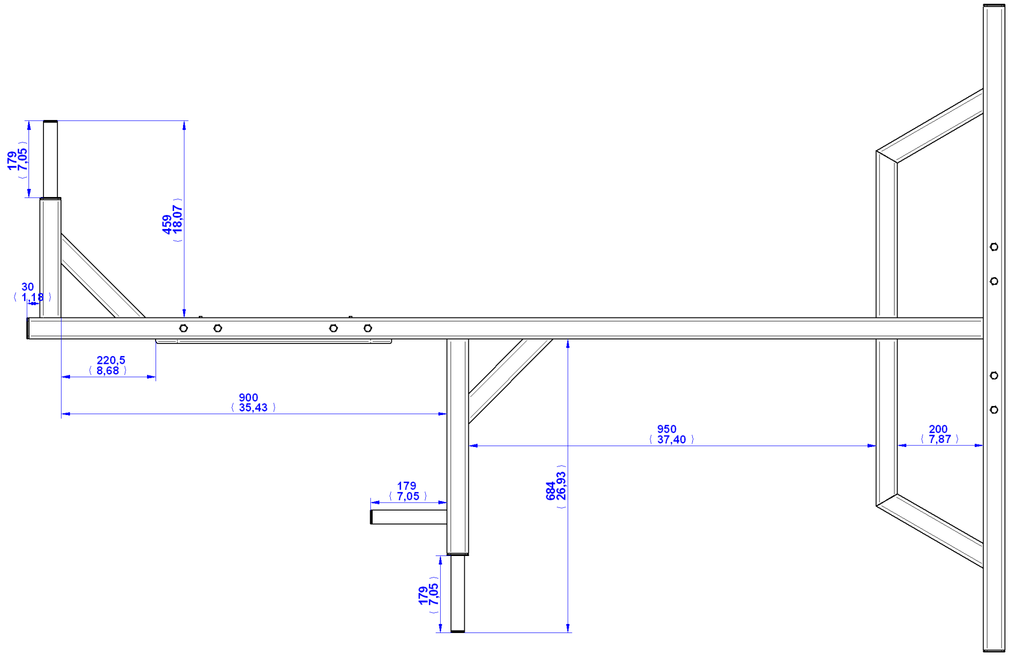
Item Number	Title	Quantity
1	Horizontal	4
2	Side	2
3	Back Sheet	1
4	Fastener system	16

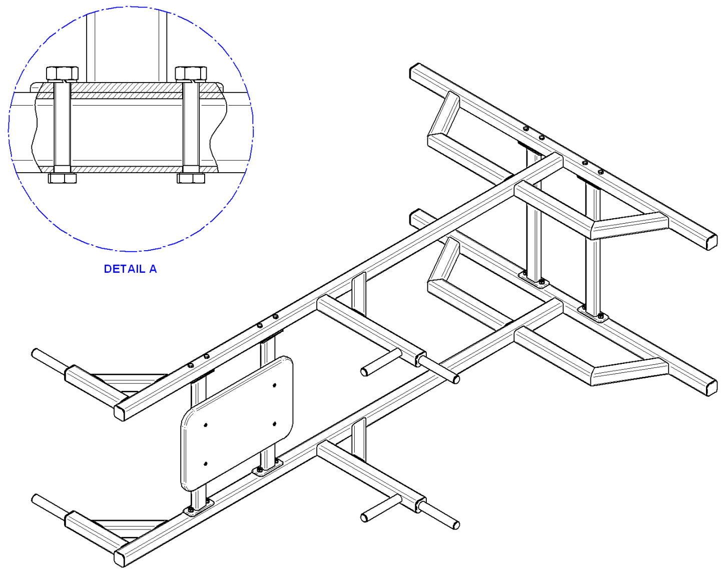


Assembly Drawing



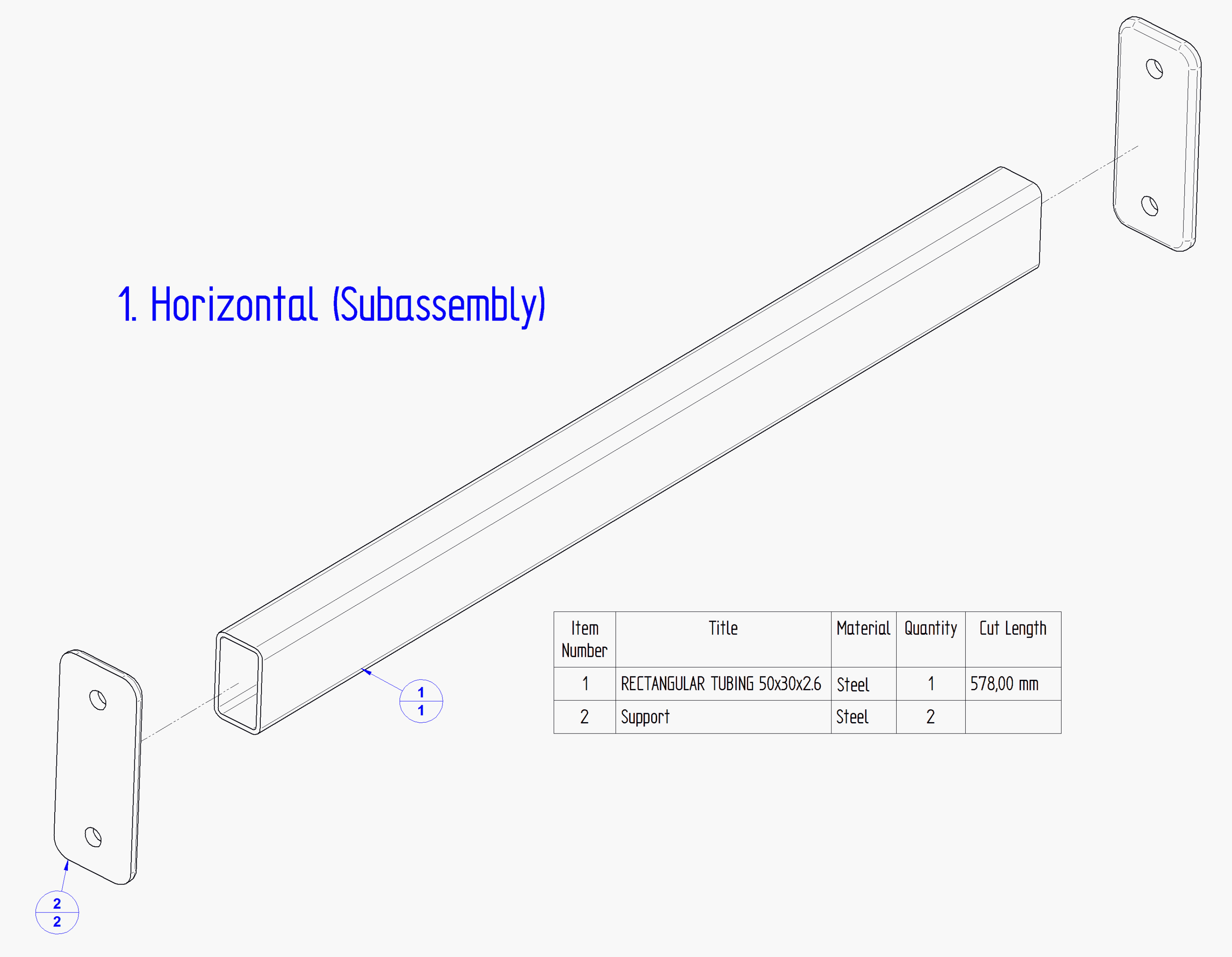




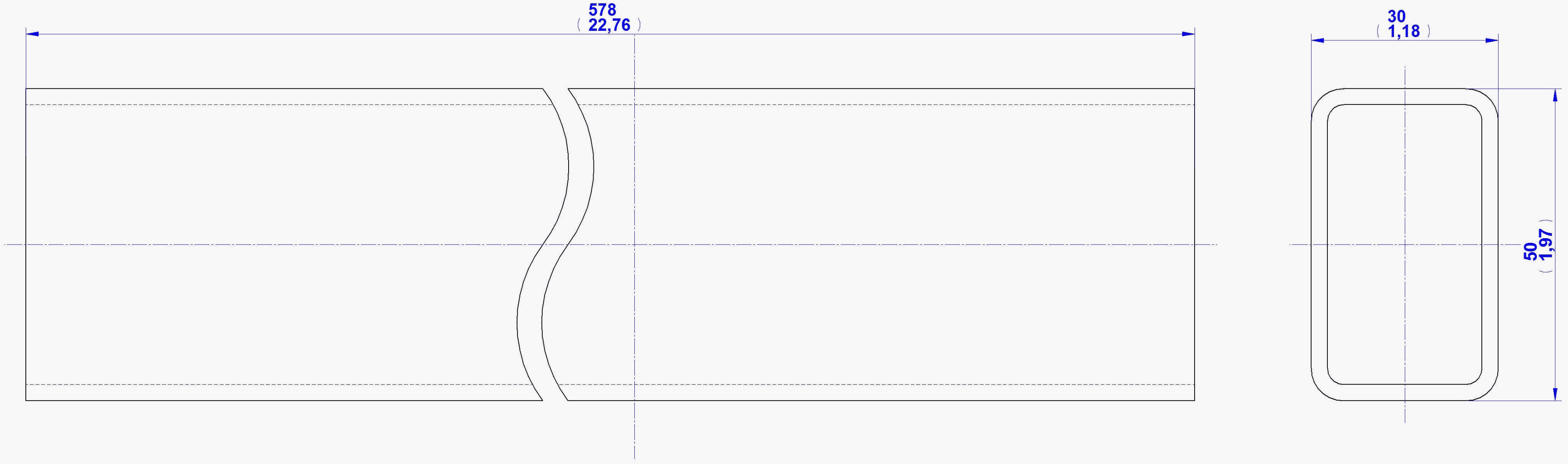


2D Documentation

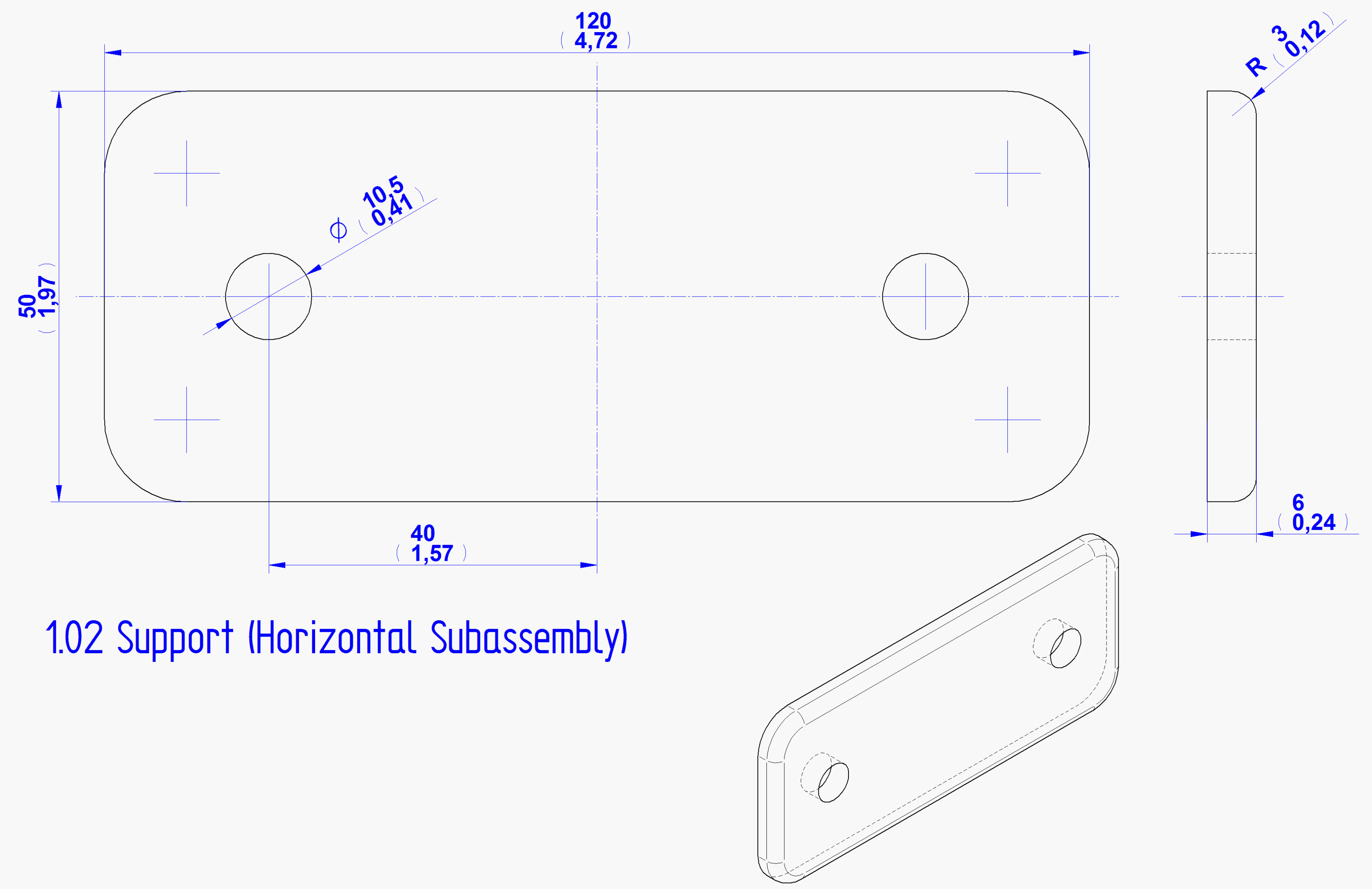
1. Horizontal Subassembly – Parts List



Item Number	Title	Material	Quantity	Cut Length
1	RECTANGULAR TUBING 50x30x2.6	Steel	1	578,00 mm
2	Support	Steel	2	

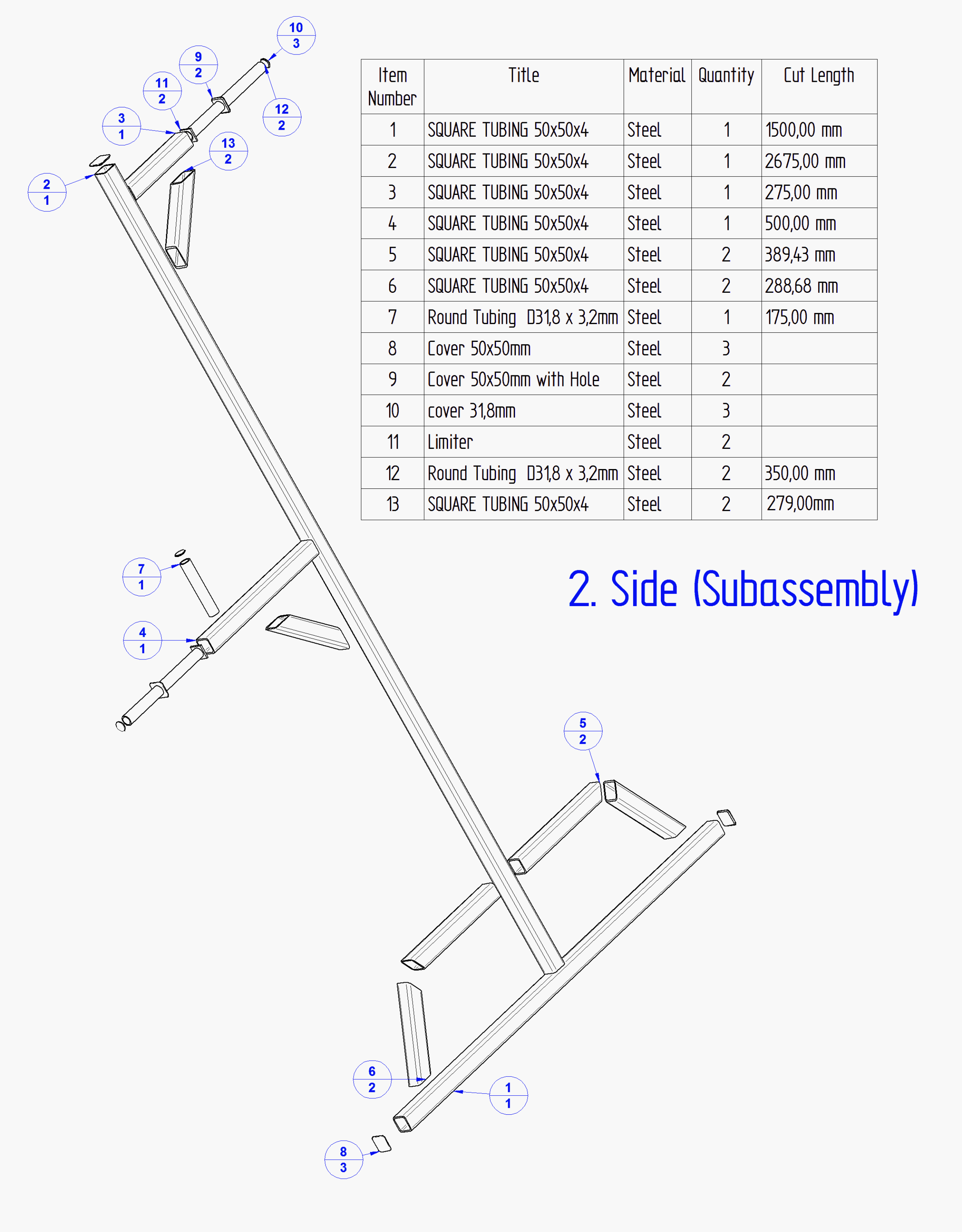


1.01 Rectangular Tubing 50 x30 x 2,6mm



1.02 Support (Horizontal Subassembly)

2. Side Subassembly – Parts List

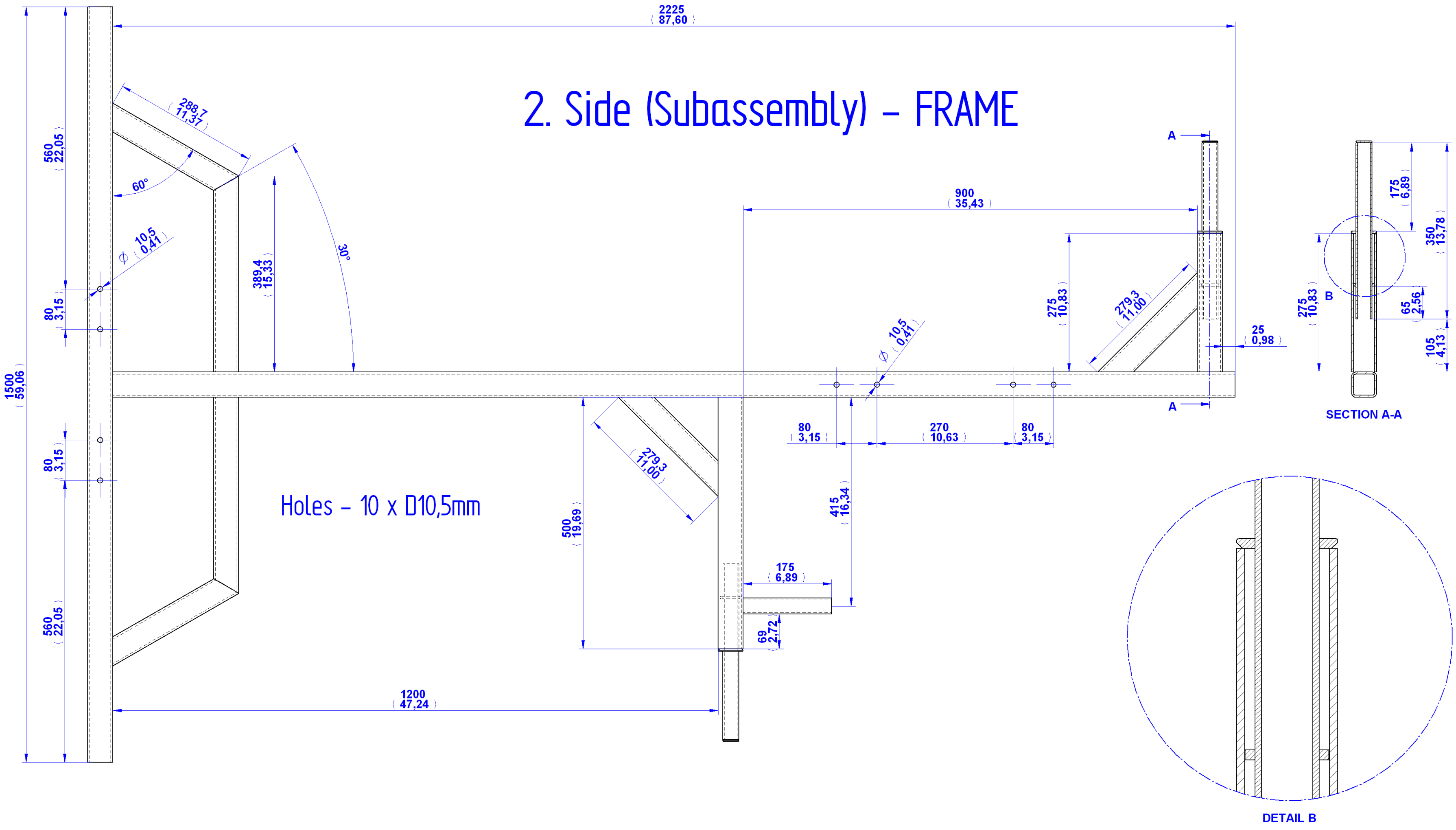


Item Number	Title	Material	Quantity	Cut Length
1	SQUARE TUBING 50x50x4	Steel	1	1500,00 mm
2	SQUARE TUBING 50x50x4	Steel	1	2675,00 mm
3	SQUARE TUBING 50x50x4	Steel	1	275,00 mm
4	SQUARE TUBING 50x50x4	Steel	1	500,00 mm
5	SQUARE TUBING 50x50x4	Steel	2	389,43 mm
6	SQUARE TUBING 50x50x4	Steel	2	288,68 mm
7	Round Tubing D31,8 x 3,2mm	Steel	1	175,00 mm
8	Cover 50x50mm	Steel	3	
9	Cover 50x50mm with Hole	Steel	2	
10	cover 31,8mm	Steel	3	
11	Limiter	Steel	2	
12	Round Tubing D31,8 x 3,2mm	Steel	2	350,00 mm
13	SQUARE TUBING 50x50x4	Steel	2	279,00mm

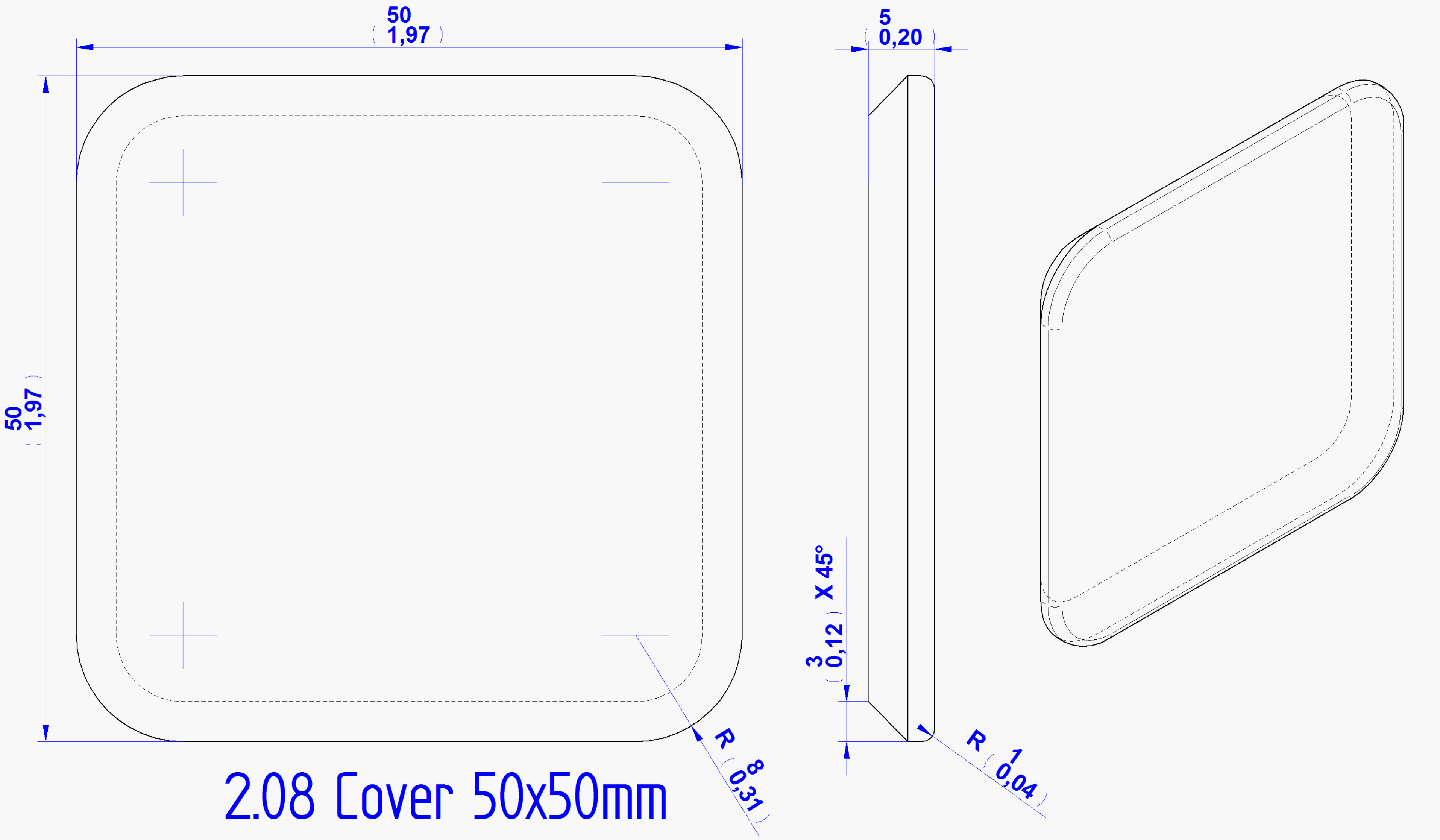
2. Side (Subassembly)

Frame Parts

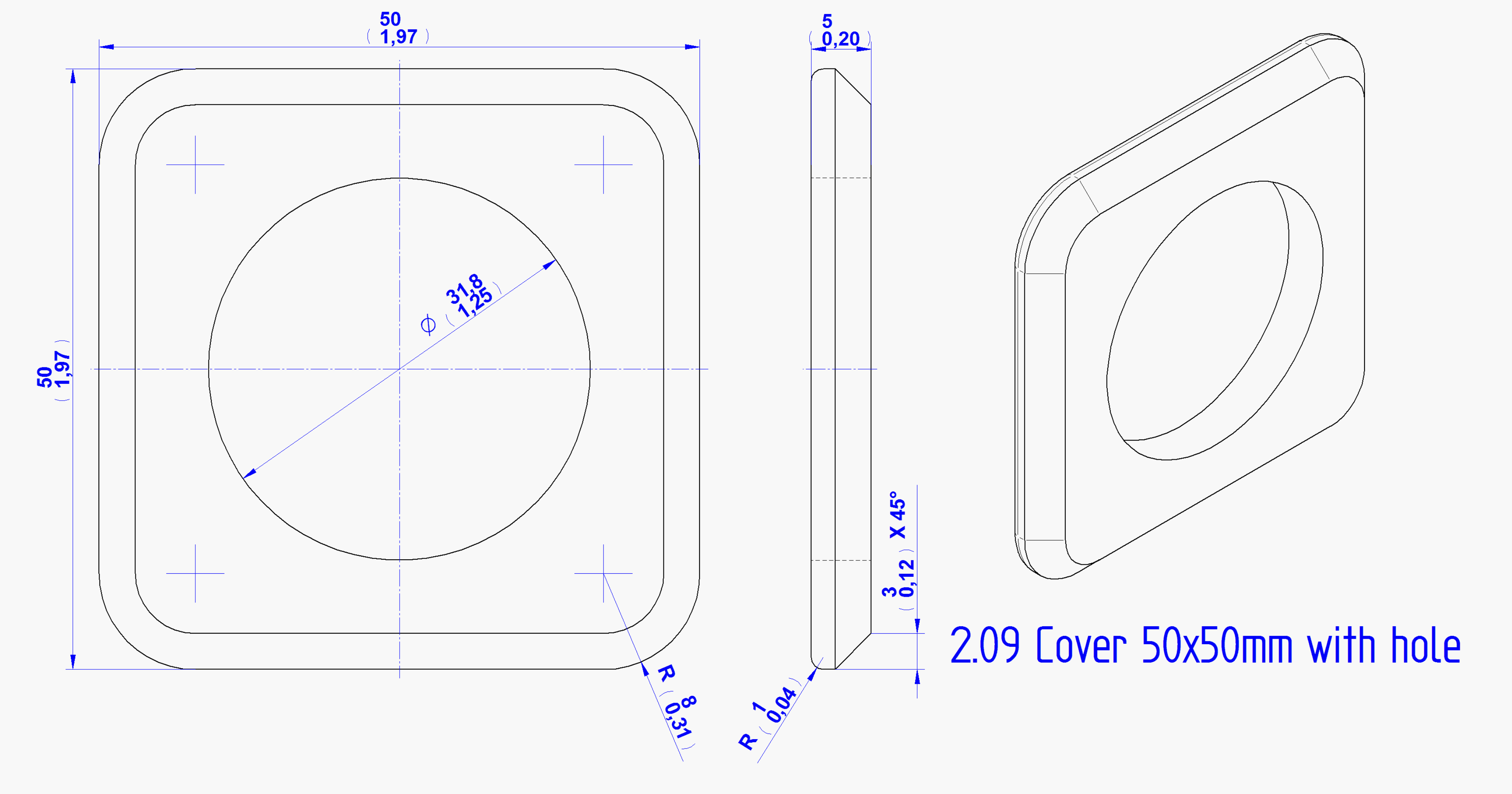
2. Side (Subassembly) - FRAME



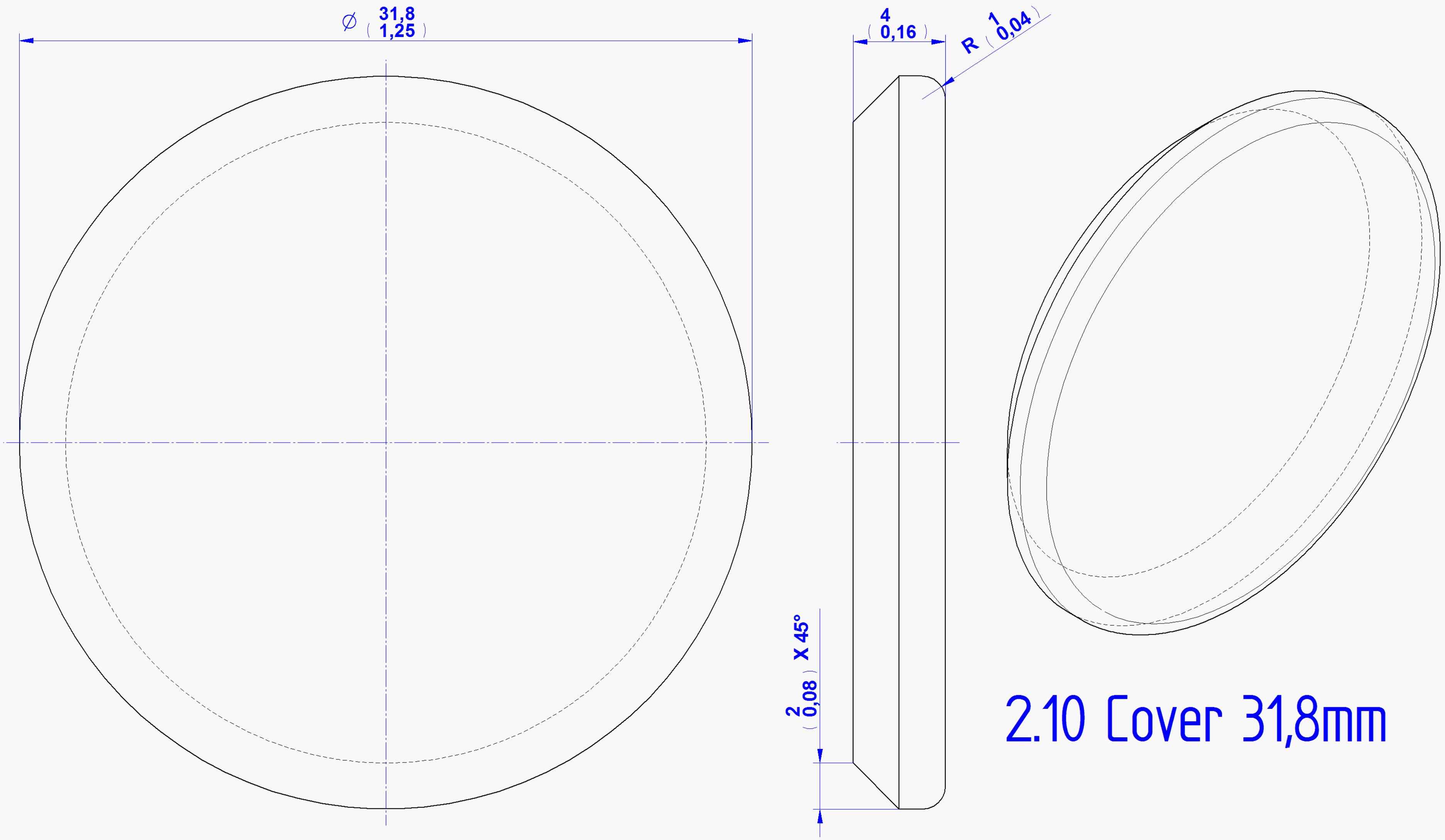
Holes - 10 x D10,5mm



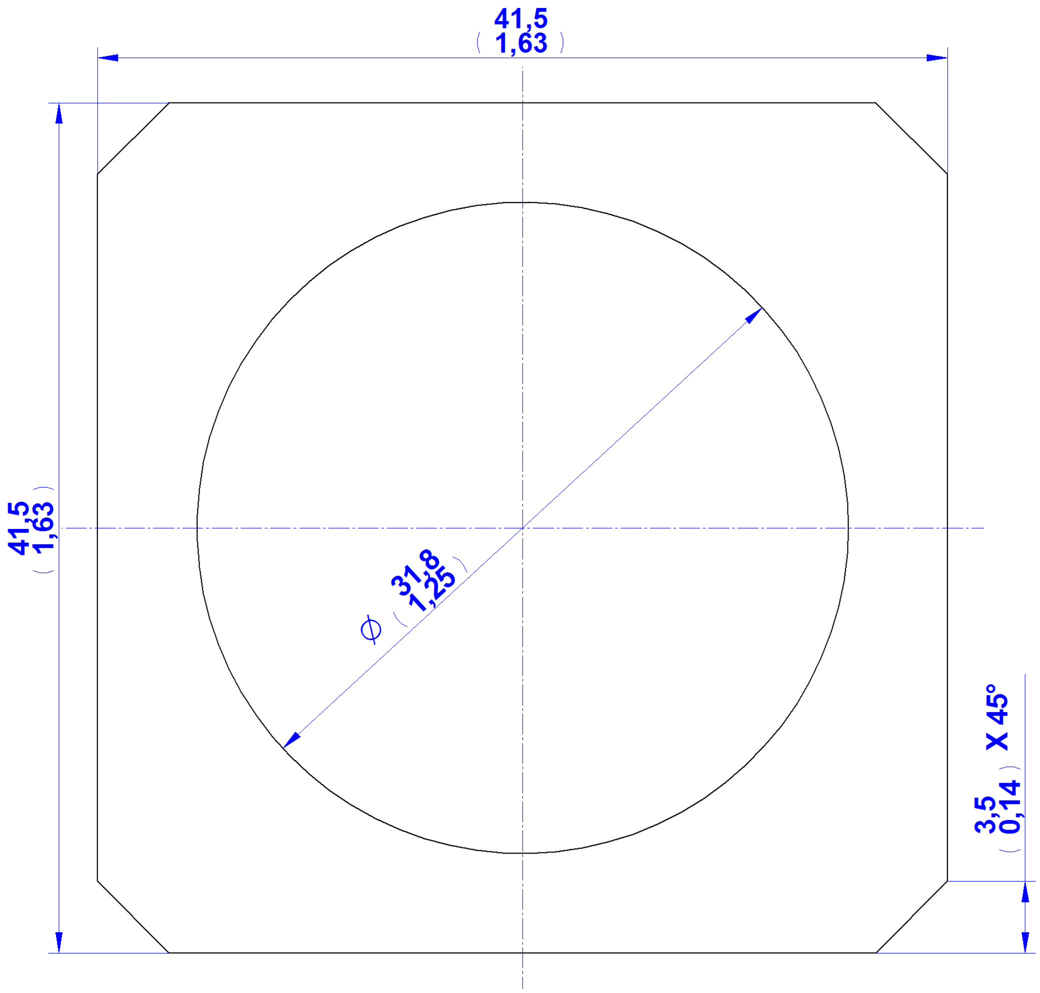
2.08 Cover 50x50mm

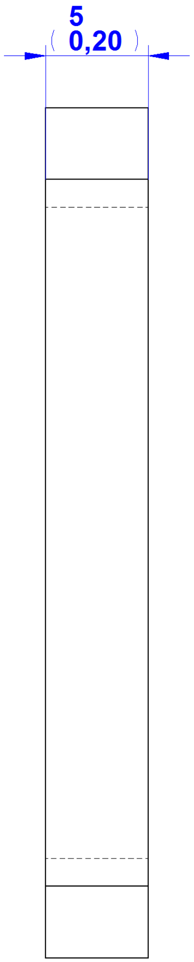


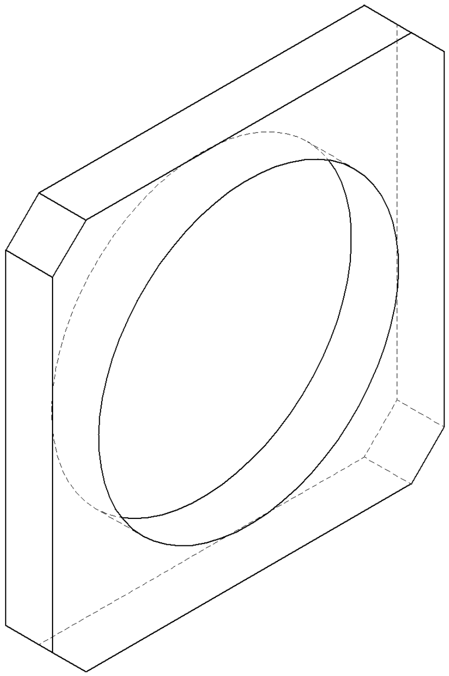
2.09 Cover 50x50mm with hole



2.10 Cover 31,8mm

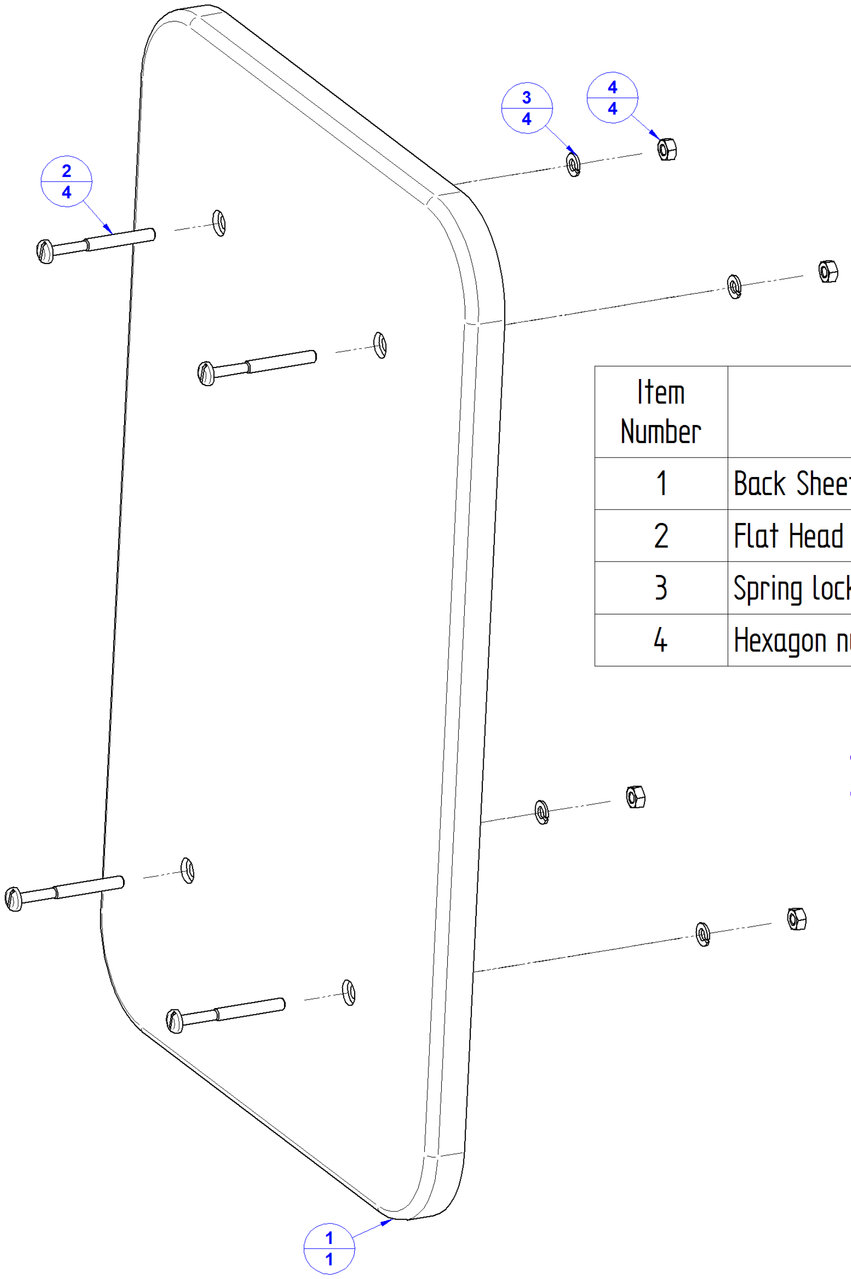






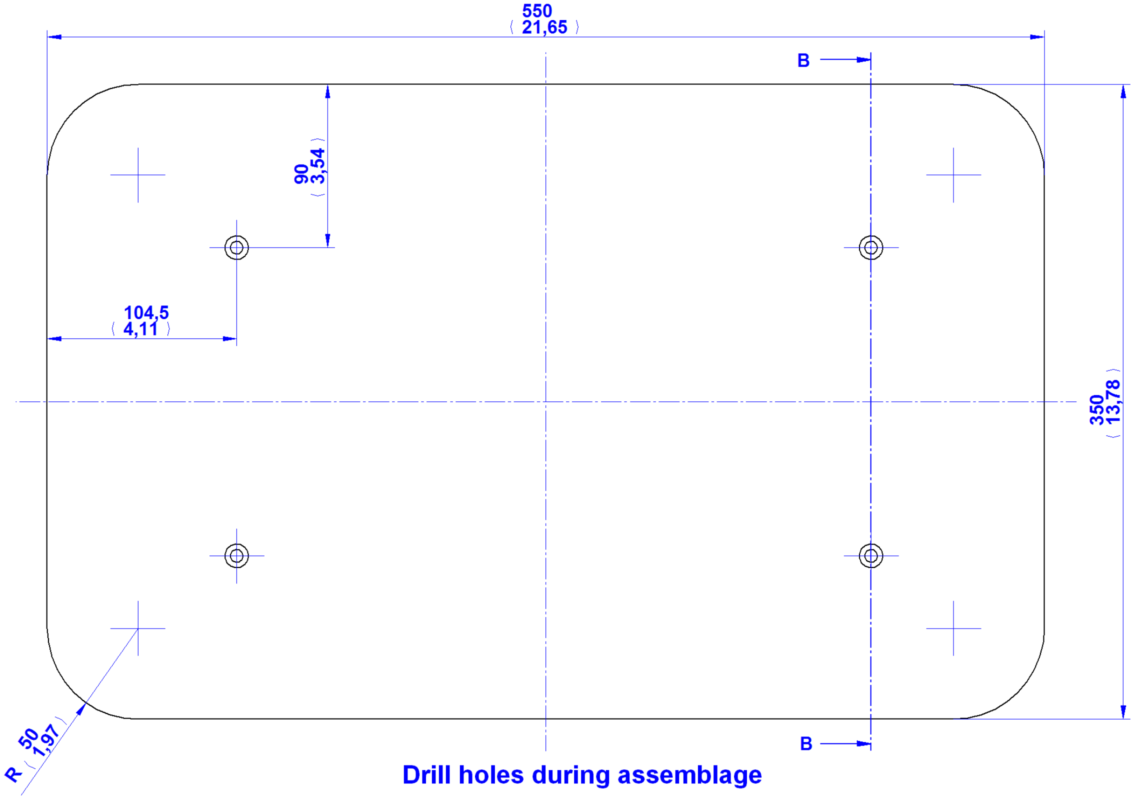
2.11 Limiter

3. Back Sheet Subassembly – Parts List

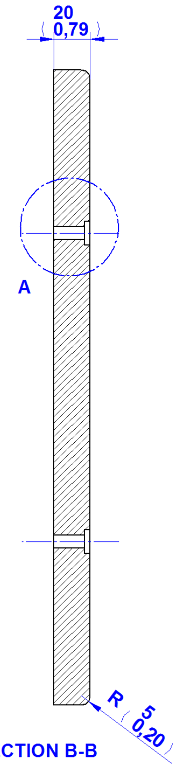


Item Number	Title	Material	Quantity	Category
1	Back Sheet	Wood	1	
2	Flat Head Screw M6 x 60	Steel	4	Standard Part
3	Spring lock washer 6	Steel	4	Standard Part
4	Hexagon nut M6	Steel	4	Standard Part

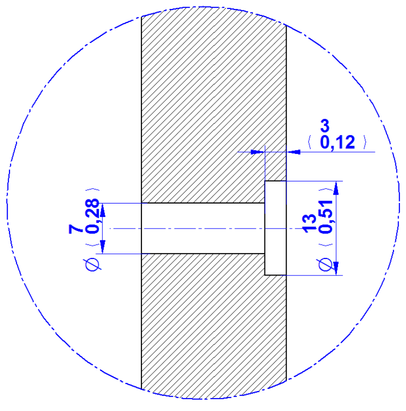
3. Back Sheet (Subassembly)



Drill holes during assemblage

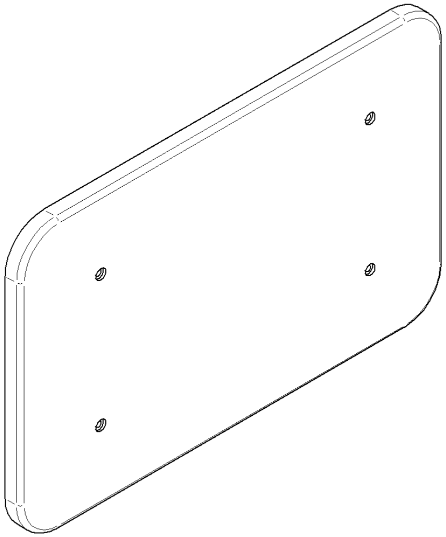


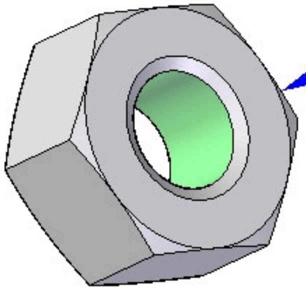
SECTION B-B

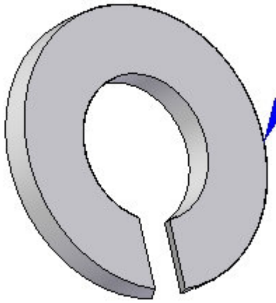


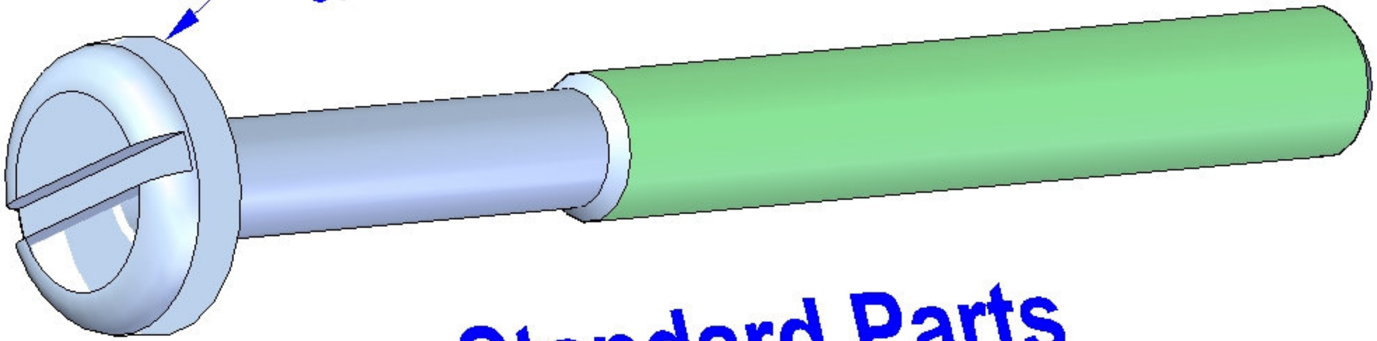
DETAIL A

3.01 Back Sheet



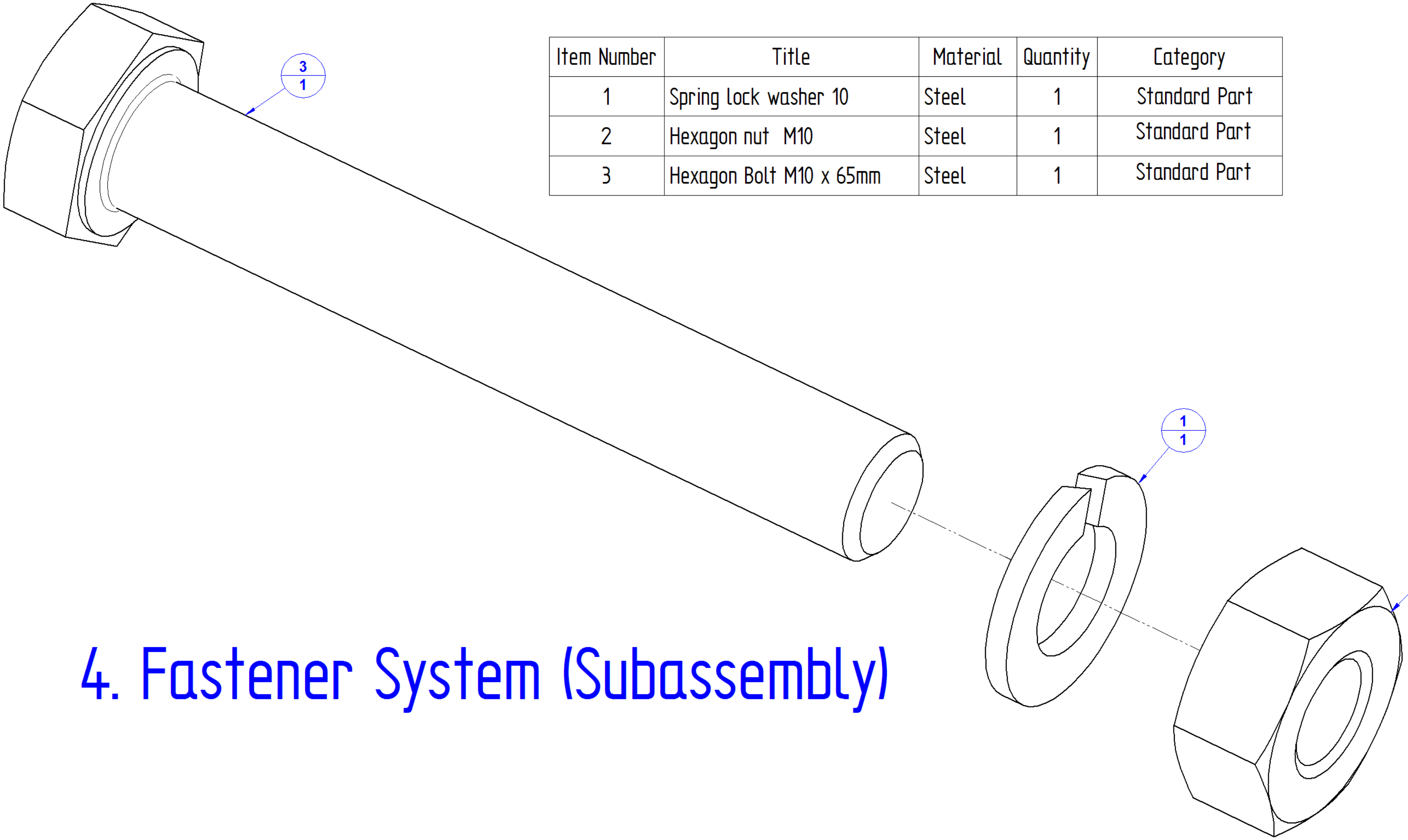






Standard Parts

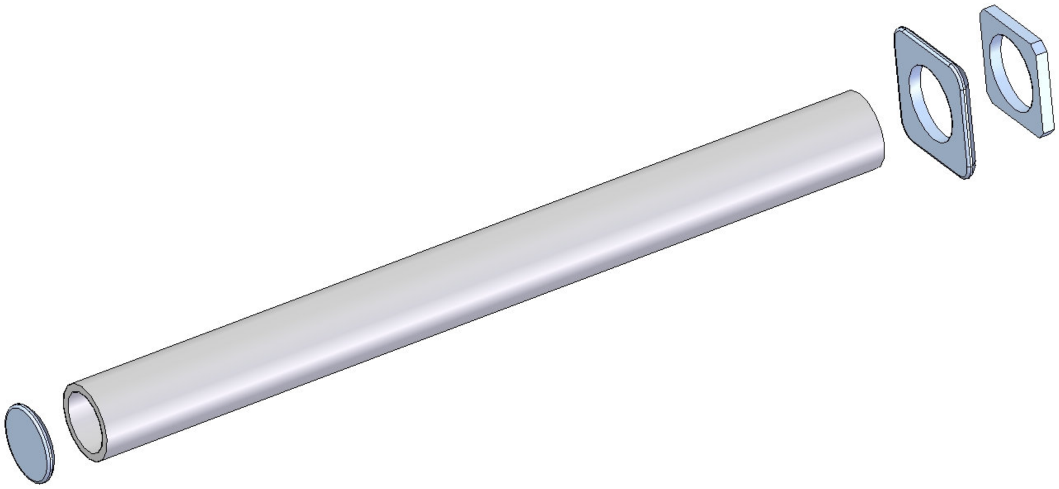
4. Fastener System Subassembly – Parts List

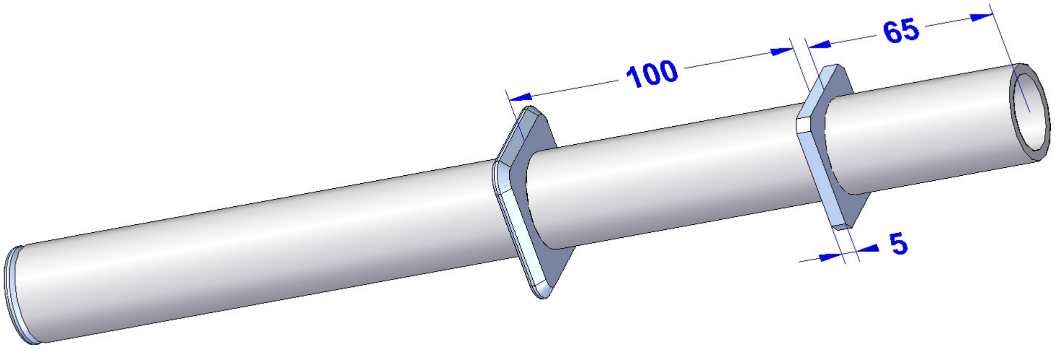


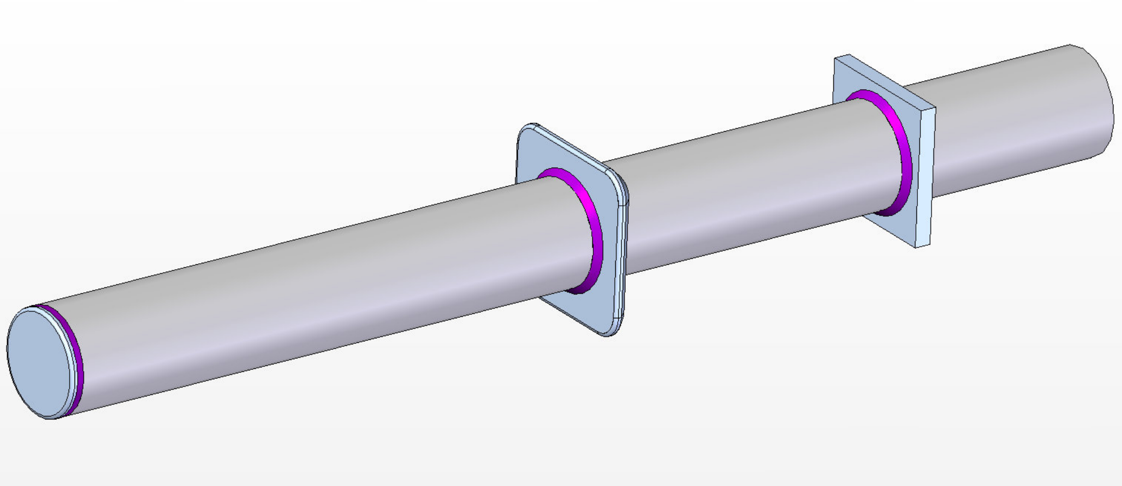
Item Number	Title	Material	Quantity	Category
1	Spring lock washer 10	Steel	1	Standard Part
2	Hexagon nut M10	Steel	1	Standard Part
3	Hexagon Bolt M10 x 65mm	Steel	1	Standard Part

Assemblage Instruction

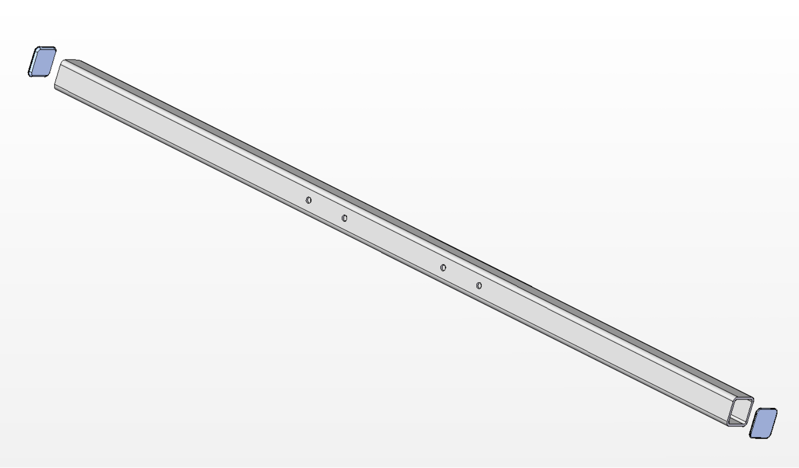
1. Weld Round Tubing D31,8 x 3,2mm Cut Lenght 350,00mm(item 2.12), Cover 50x50mm With Hole (item 2.09), Cover 31,8mm (item 2.08) and Limiter (item 2.11) together. Make four of these subassemblies.

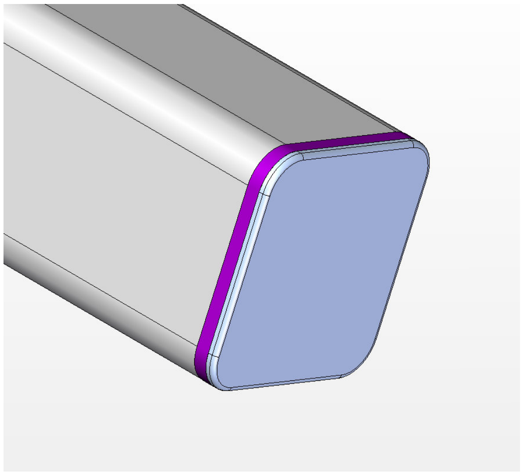


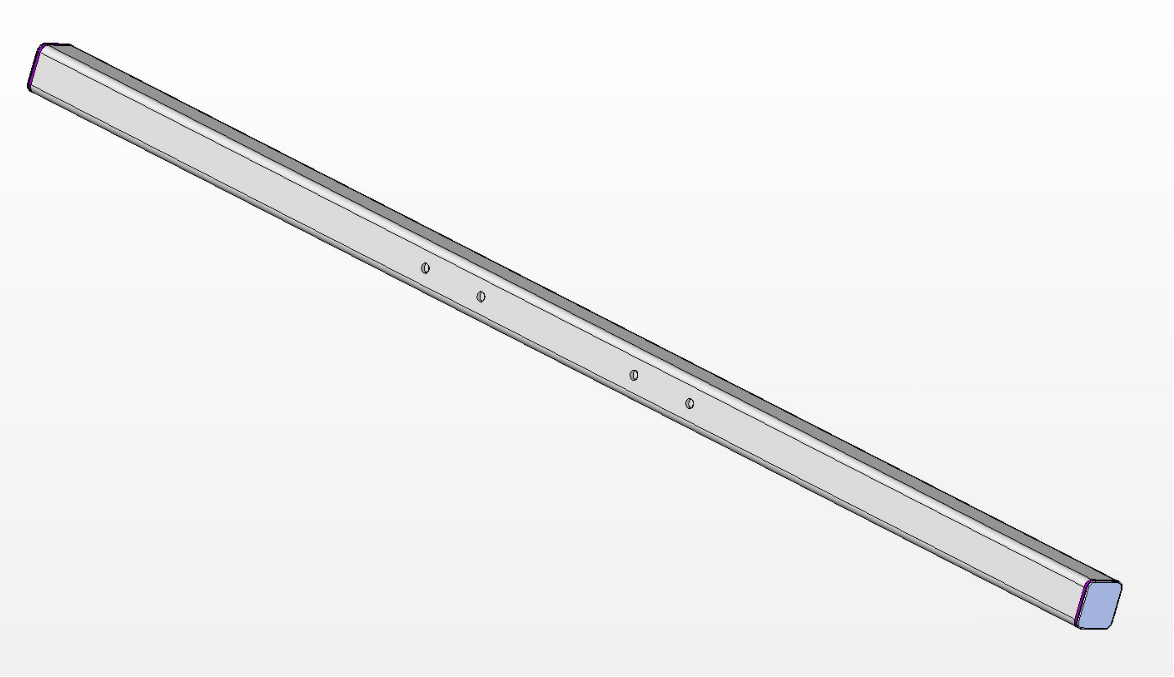




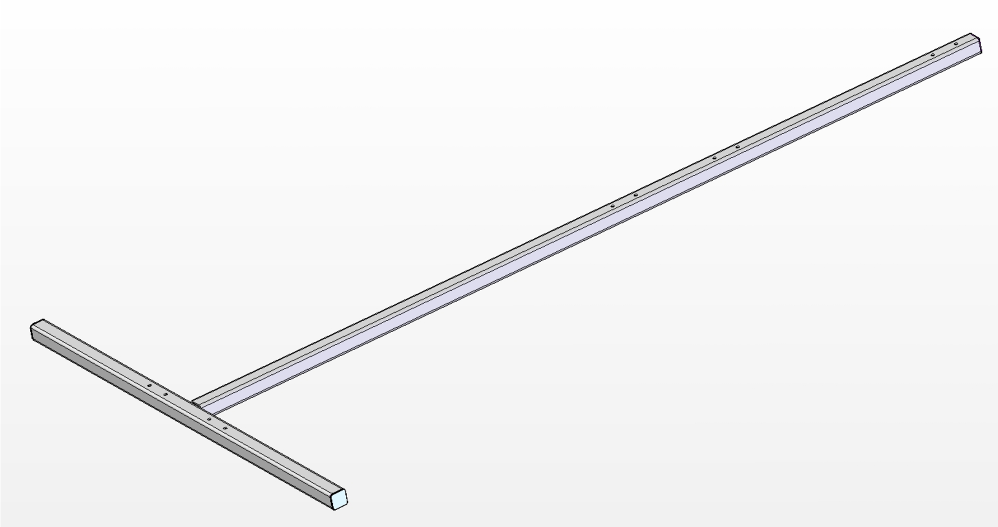
2. Weld the Cover 50x50 (items 2.08) to the Square Tubing 50x50x4 Cut Lenght 1500,00mm (item 2.01).

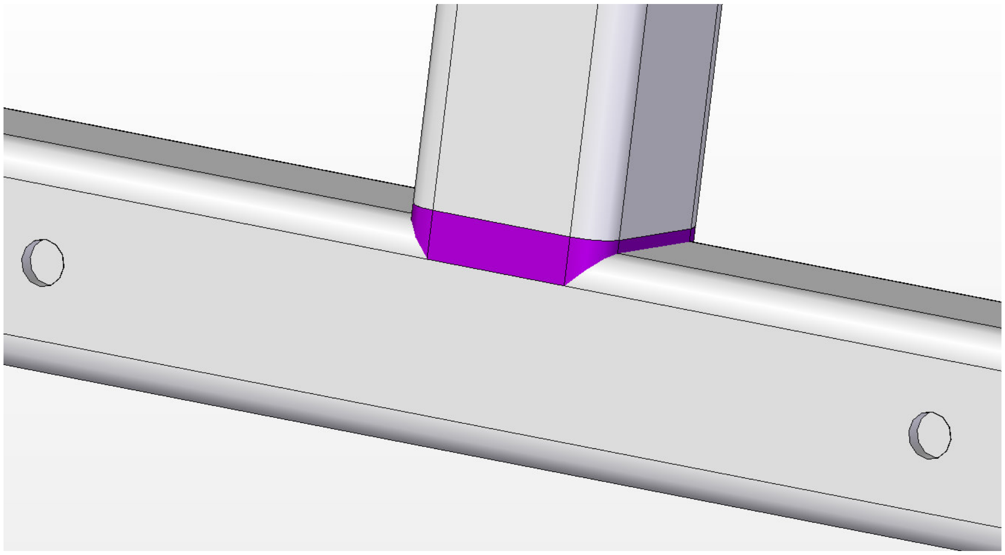




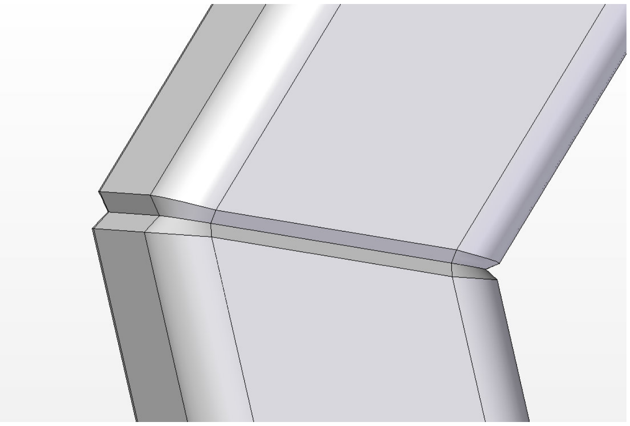


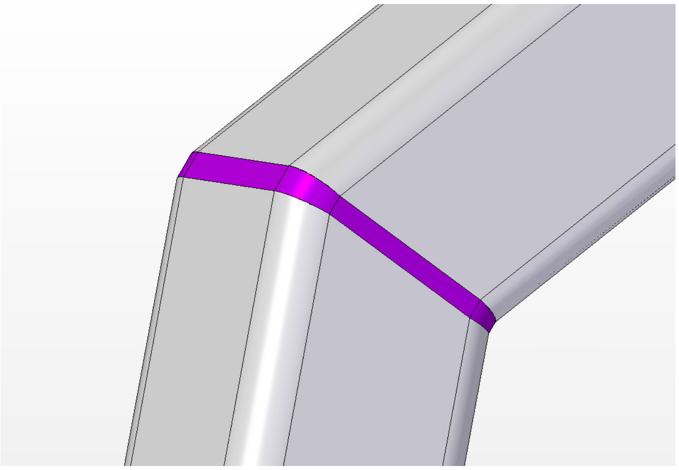
3. Weld the Square Tubing 50x50x4 Cut Lenght 2675,00mm (item 2.02) to the subassembly made in the previous step.

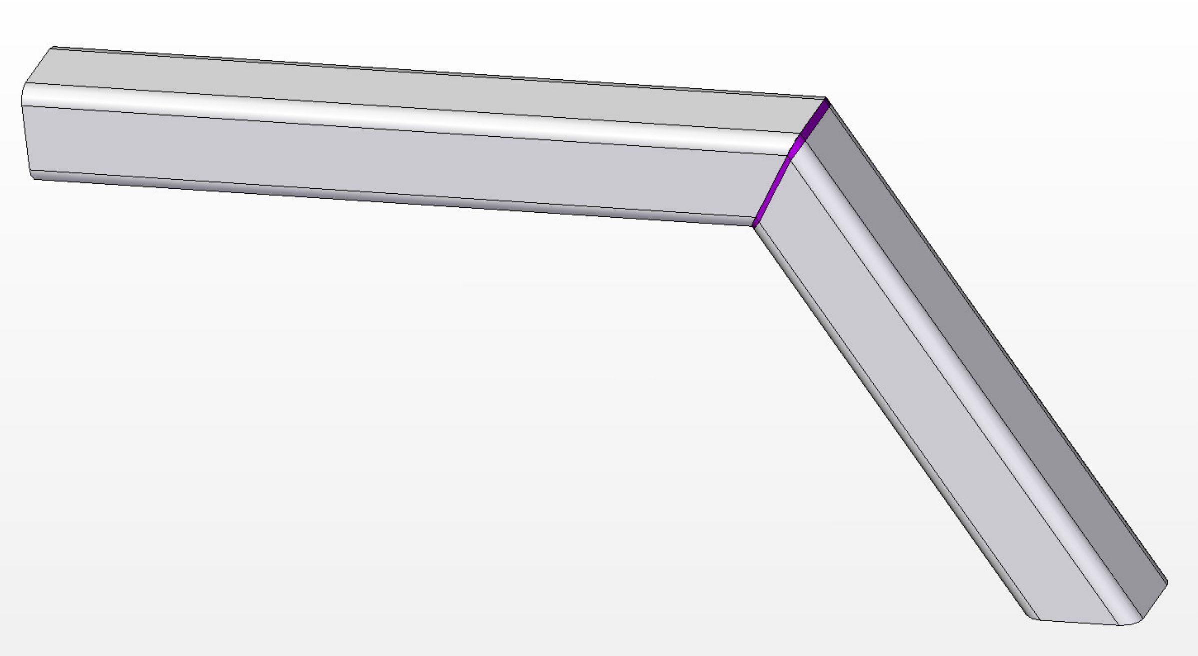




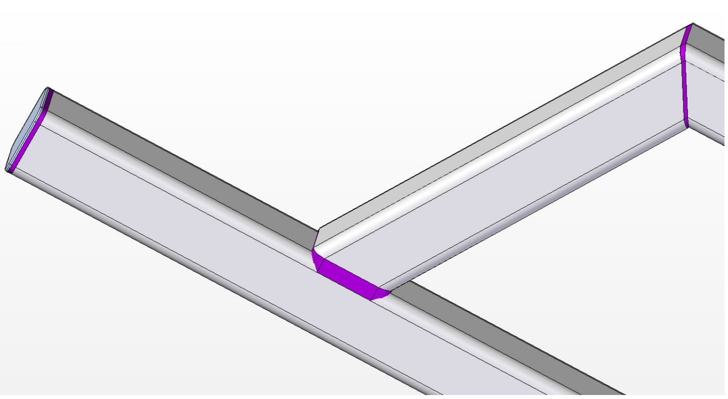
4. Weld the Square Tubing 50x50x4 Cut Lenght 389,43(item 2.05) and Square Tubing 50x50x4 Cut Lenght 288,68(item 2.06) together. Make four of these subassemblies.

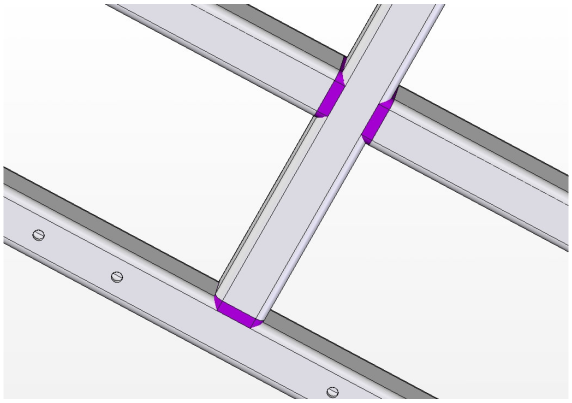


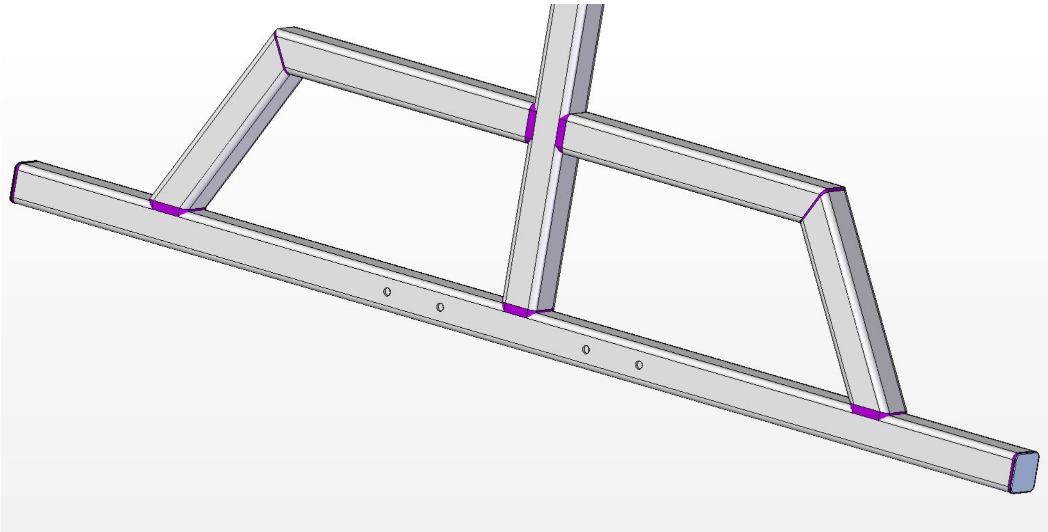


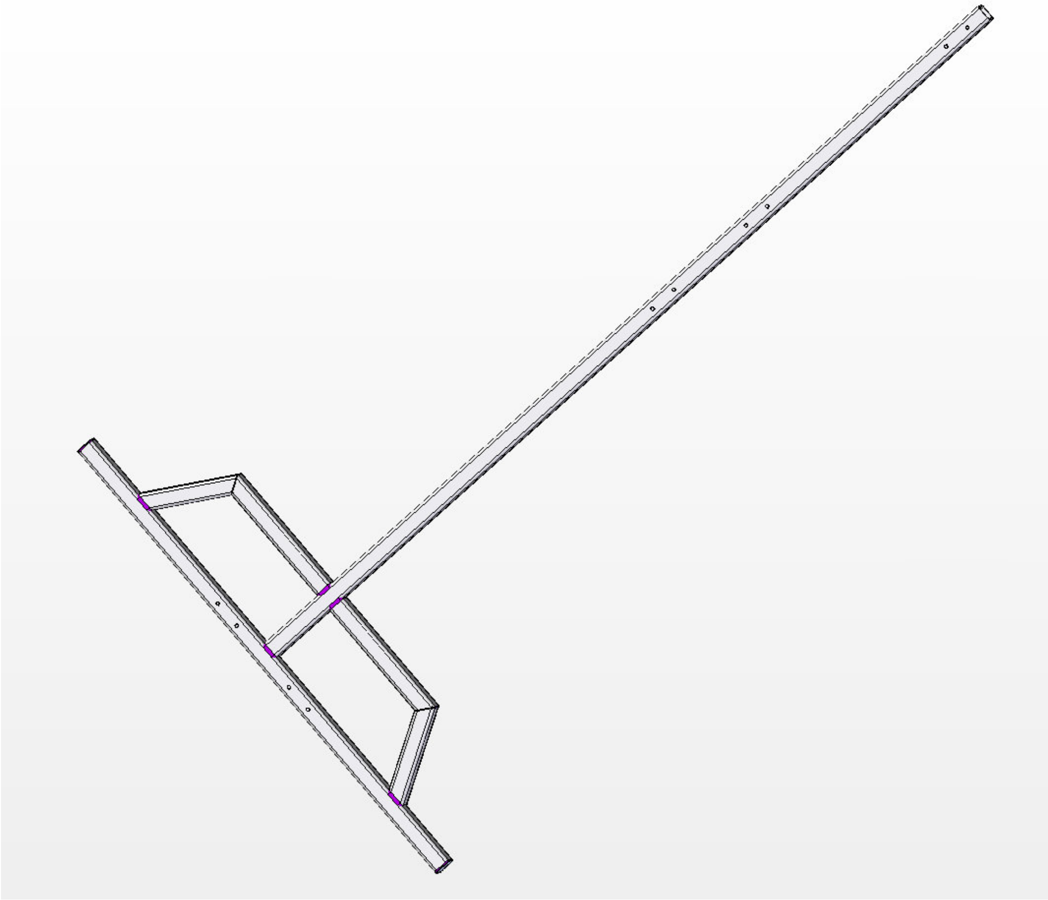


5. Weld two subassemblies made in previous step to the subassembly made in step 3.

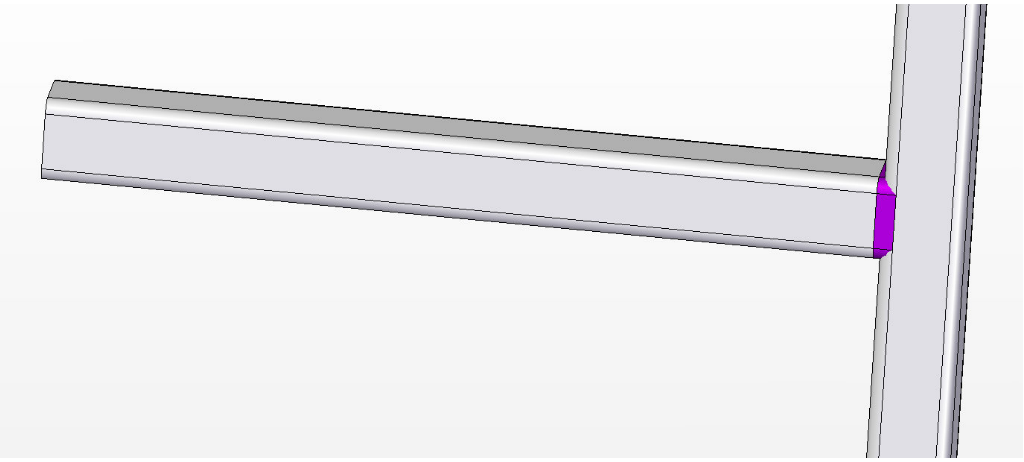




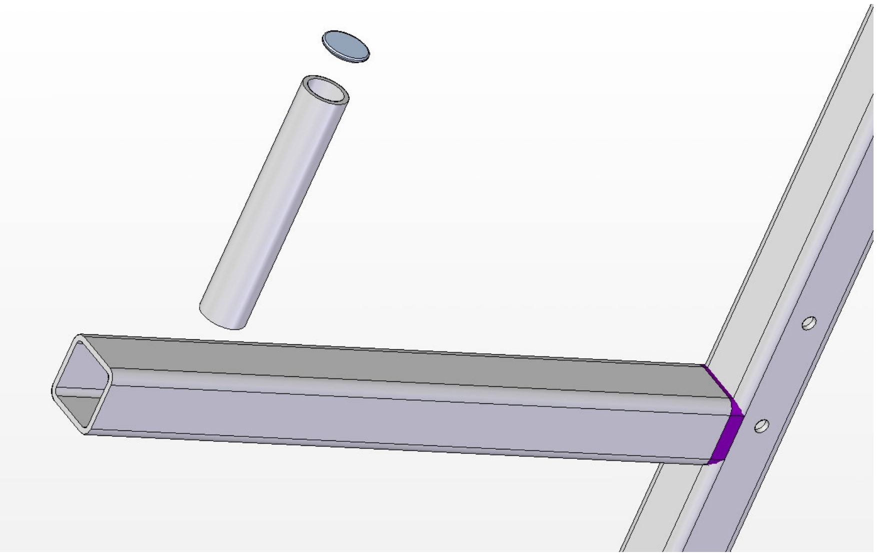


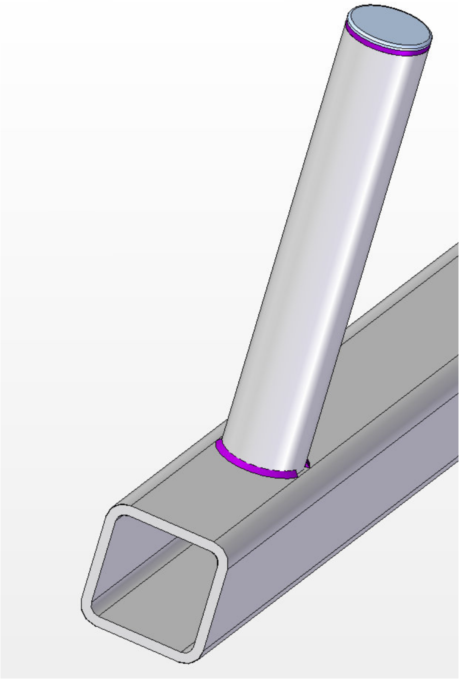


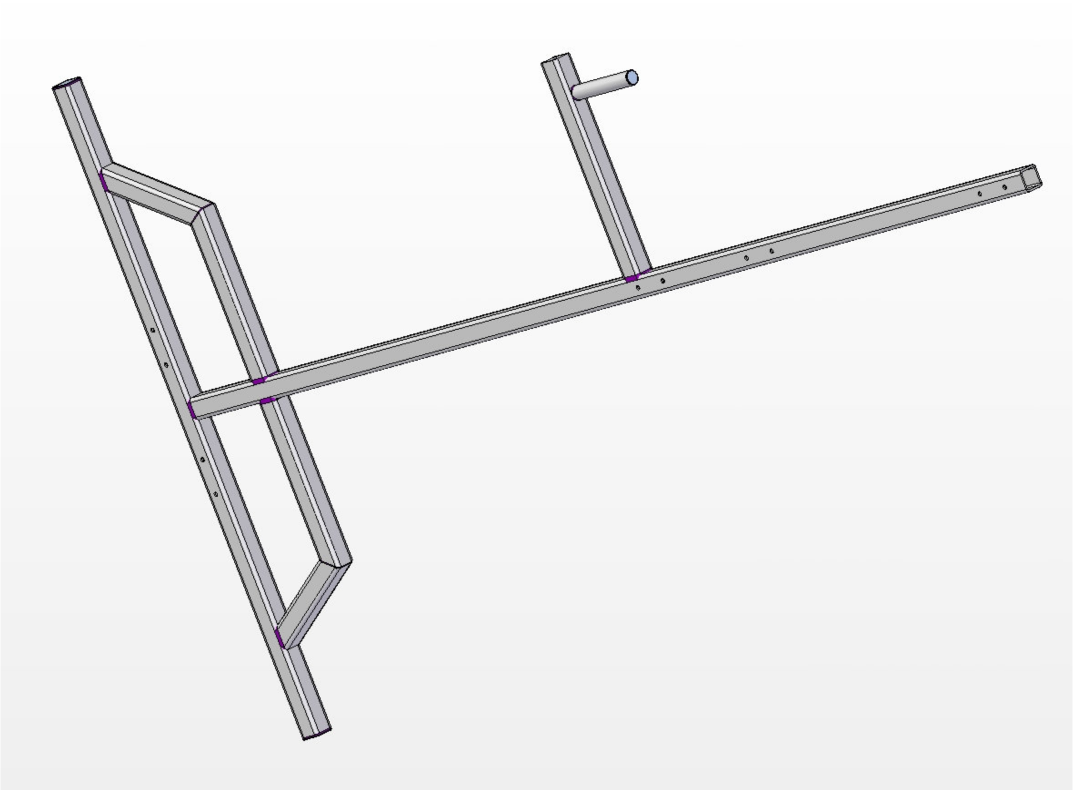
6. Weld the Square Tubing 50x50x4 Cut Lenght 500,00mm (item 2.04) to the subassembly made in the previous step.



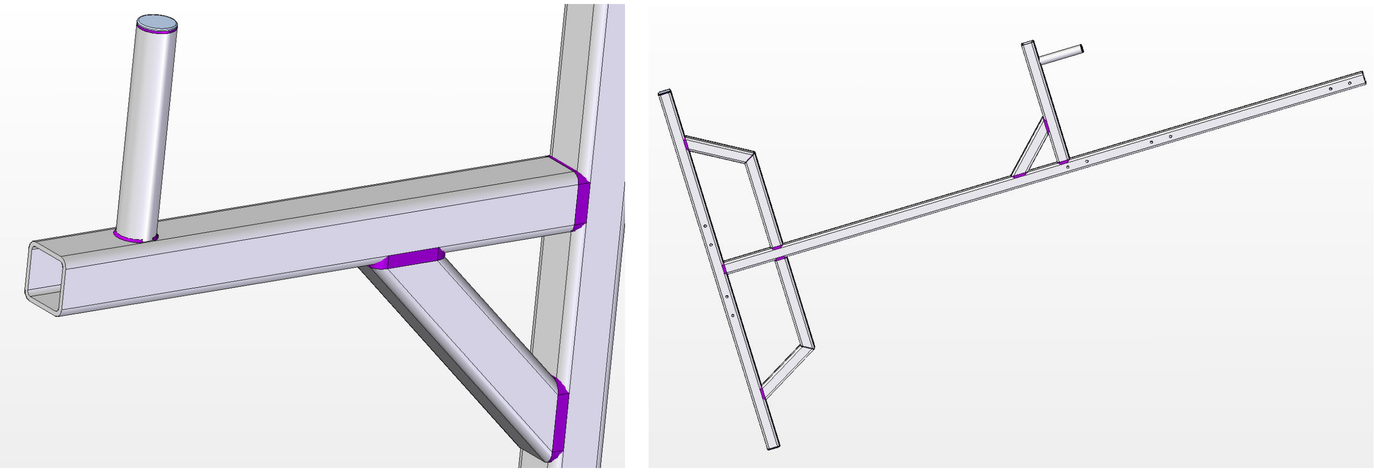
7. Weld the Round Tubing D31,8x3,2mm Cut Lenght 175,00mm(item 2.07) and Cover D31,8mm (item 2.10) to the Square Tubing 50x50x4 Cut Lenght 500,00mm (item 2.04).



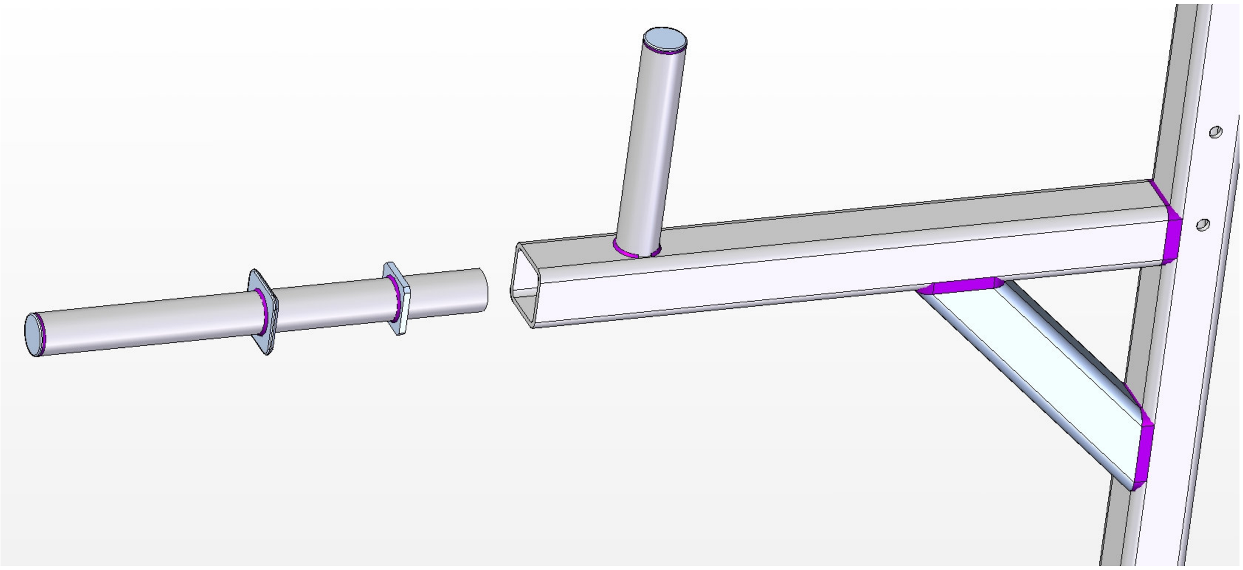


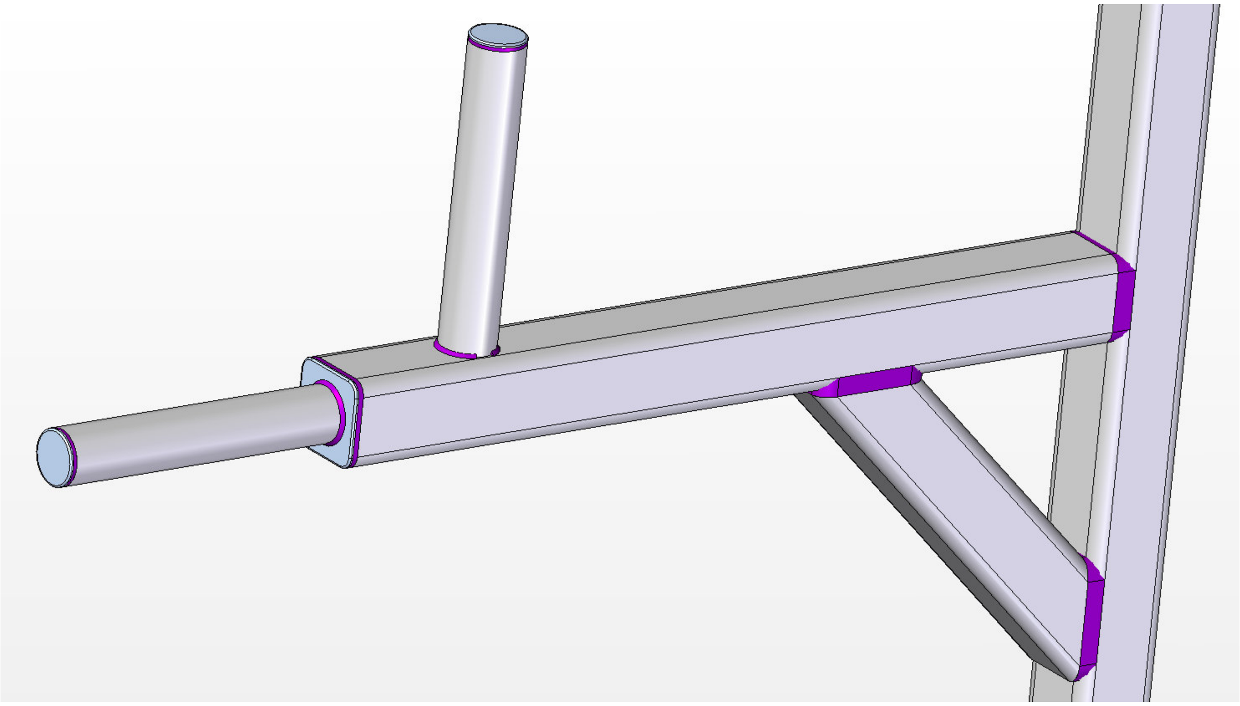


8. Weld the Square Tubing 50x50x4 Cut Lenght 279,00mm (item 2.13) to the subassembly made in the previous step.

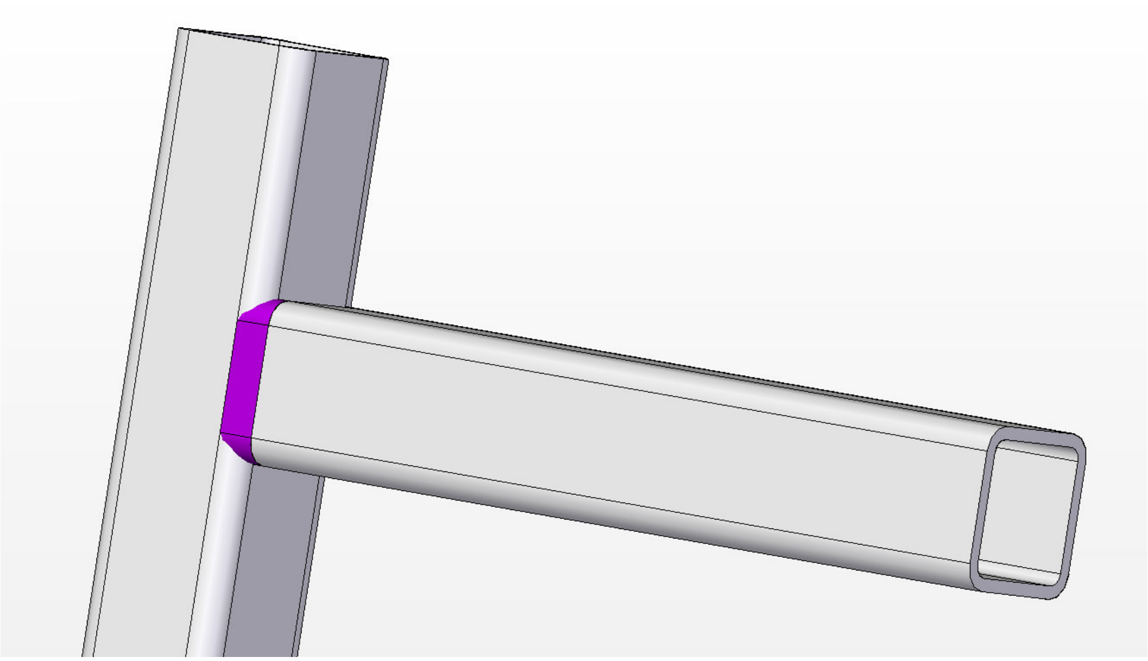


9. Weld the subassembly made in step 1 to the subassembly made in the previous step.

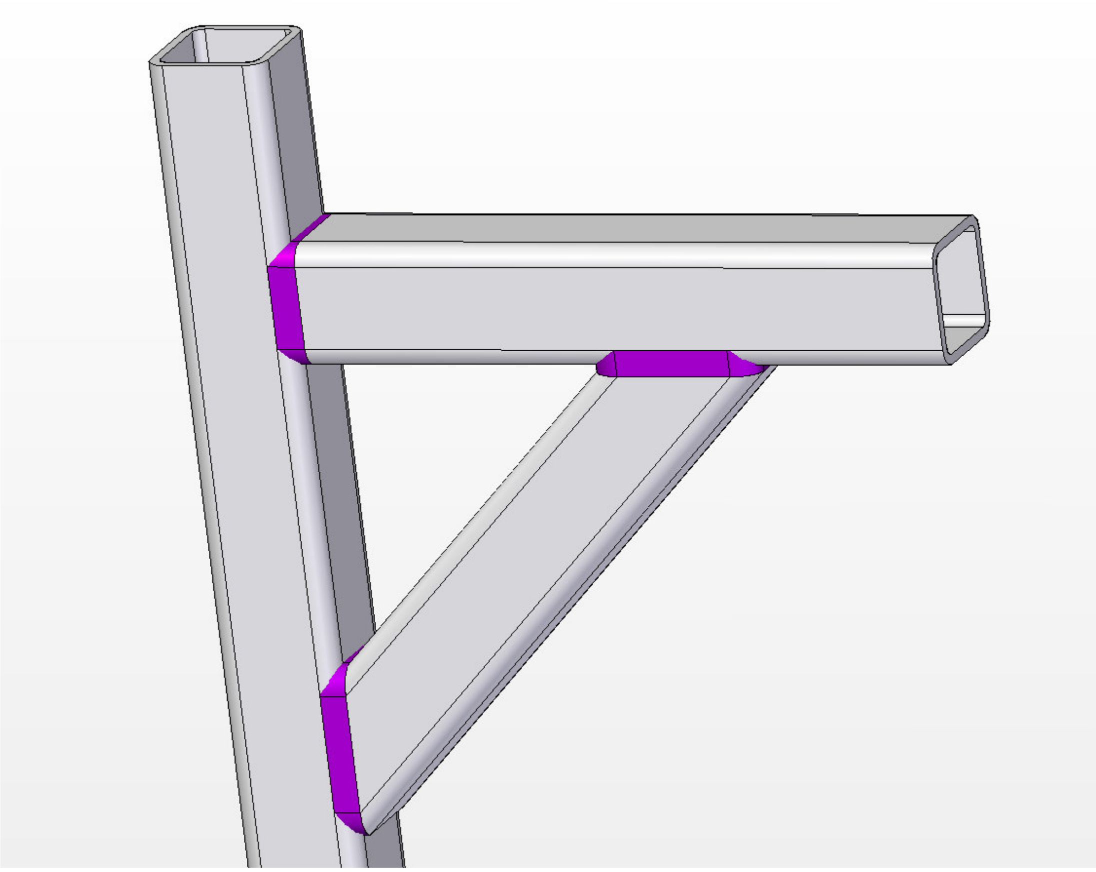




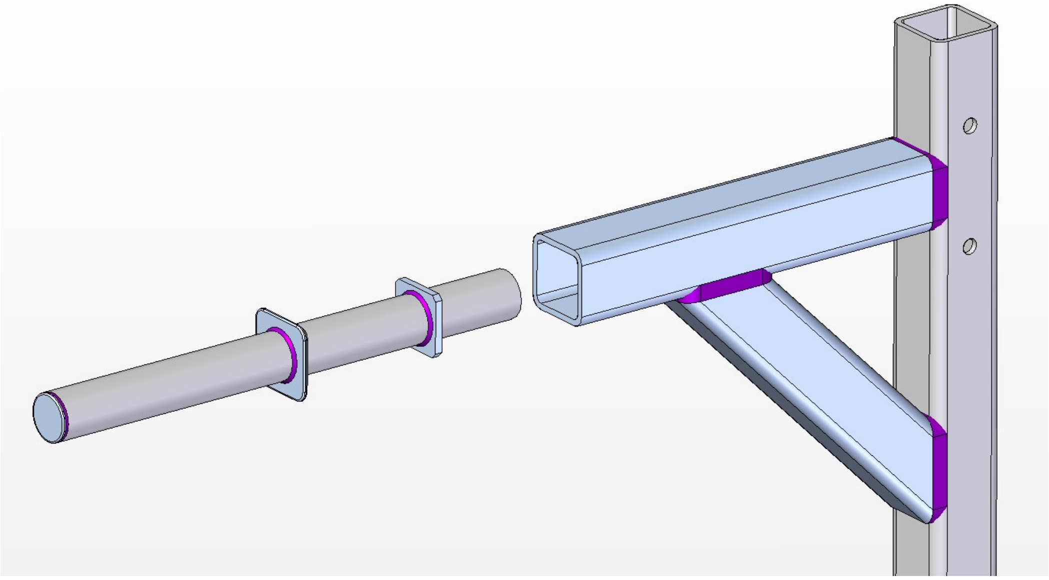
10. Weld the Square Tubing 50x50x4 Cut Lenght 275,00mm(item 2.03) to the assembly made in the previous step.

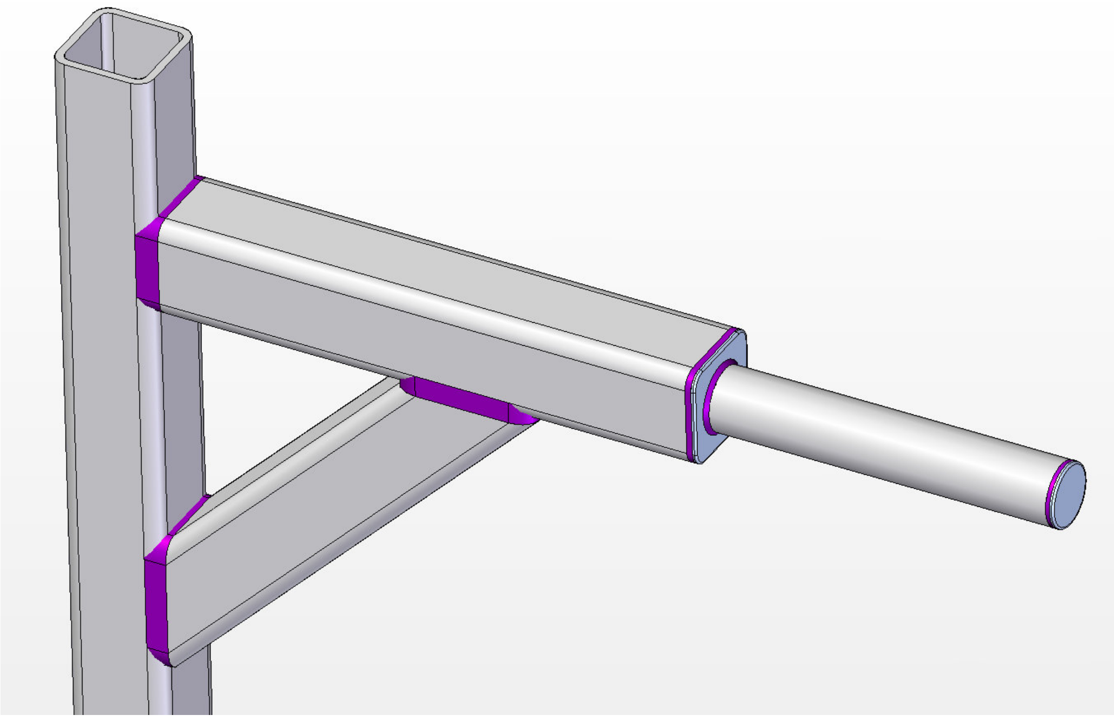


11. Weld the Square Tubing 50x50x4 Cut Lenght 279,00mm (item 2.13) to the assembly made in the previous step.

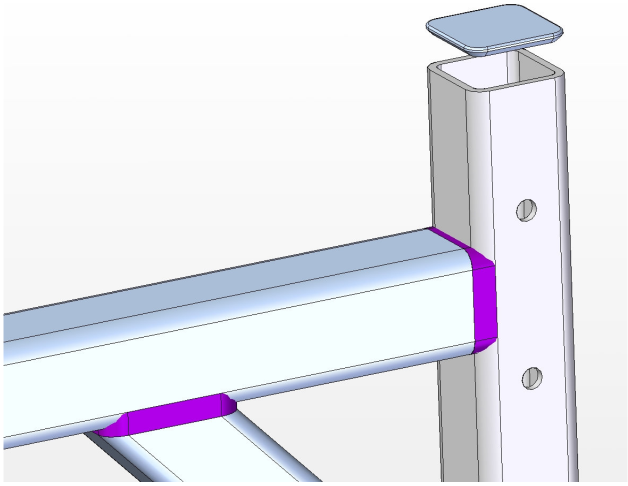


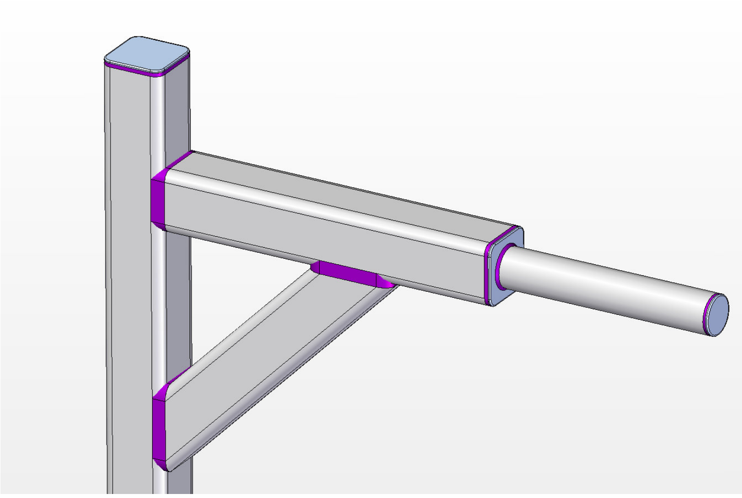
12. Weld the second subassembly made in step 1 to the subassembly made in the previous step.

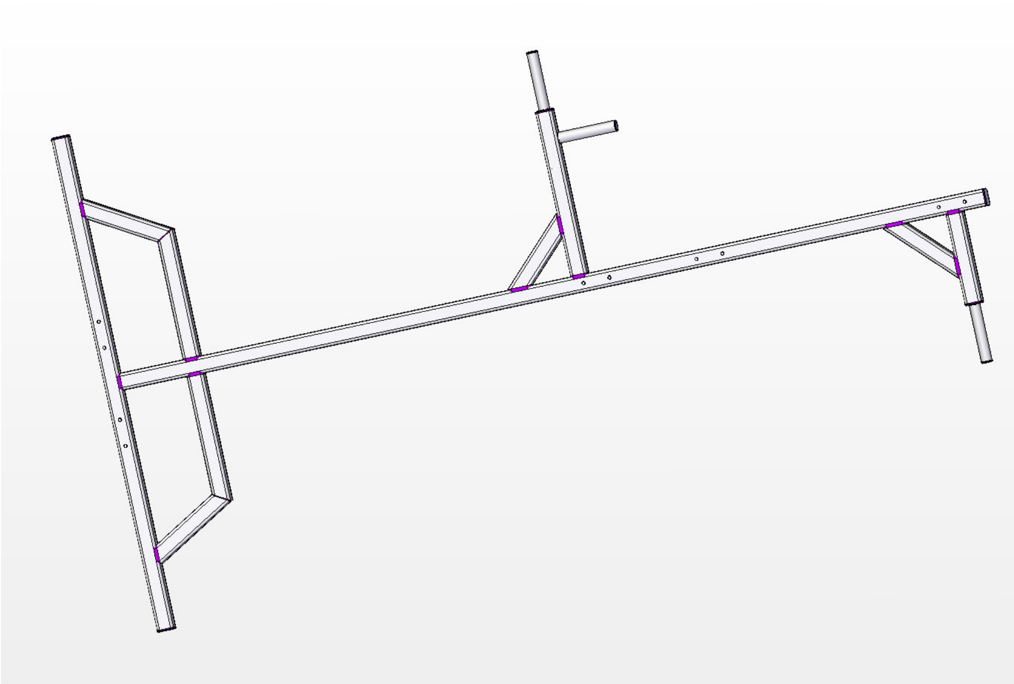




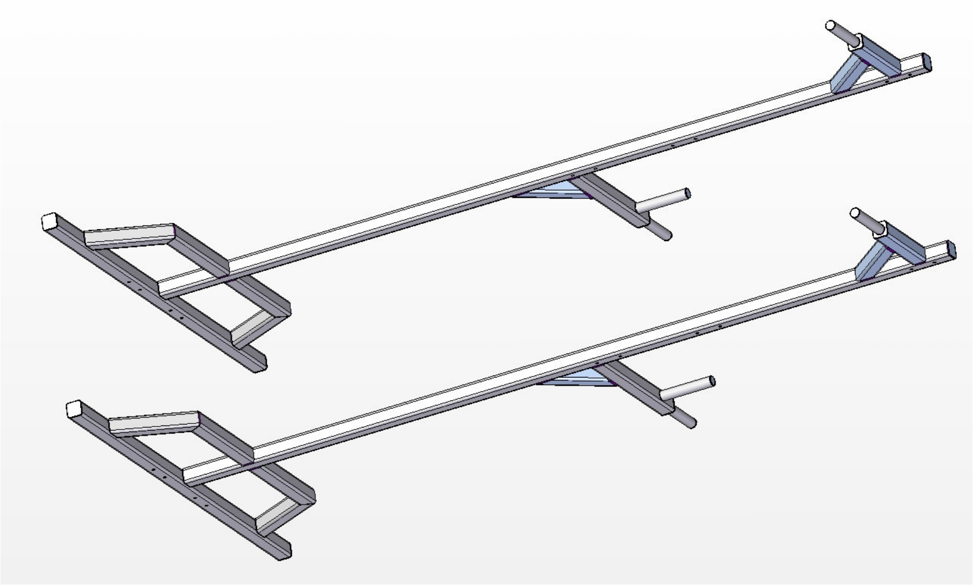
13. Weld the Cover 50x50 (item 2.08) to the assemby made in the previous step.



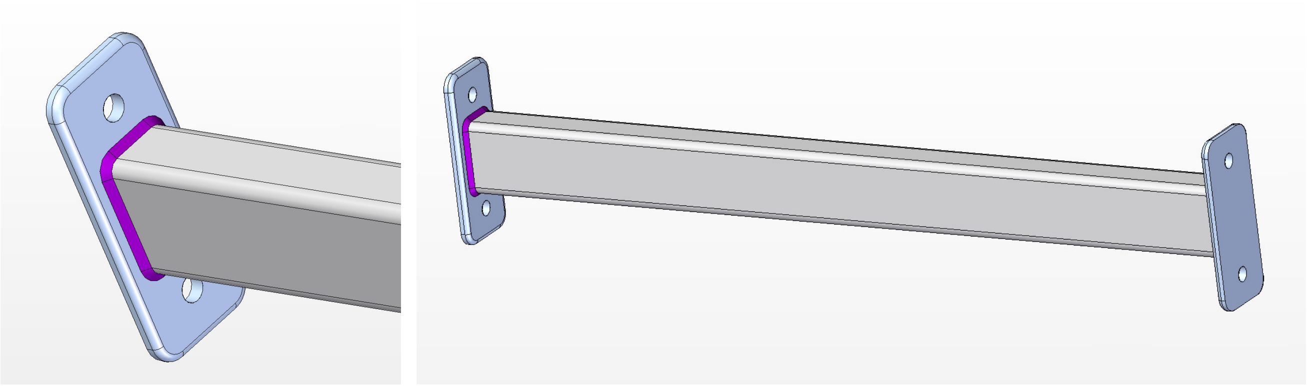


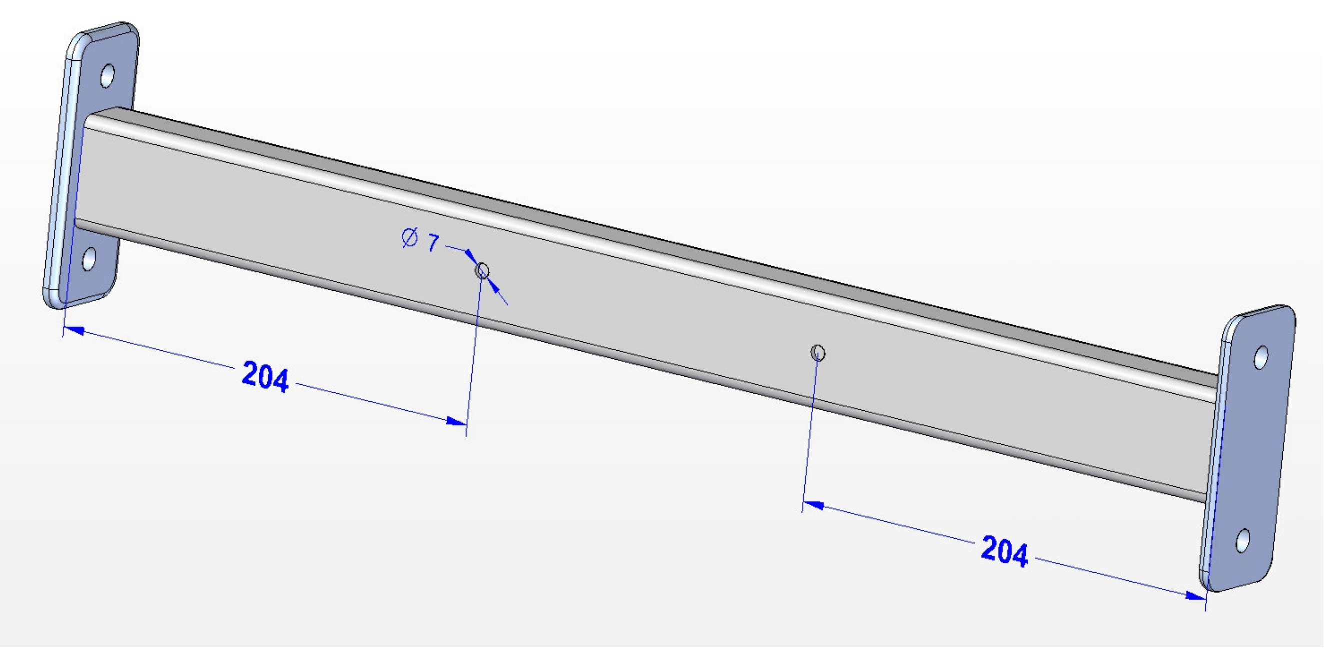


Make two of these subassemblies.

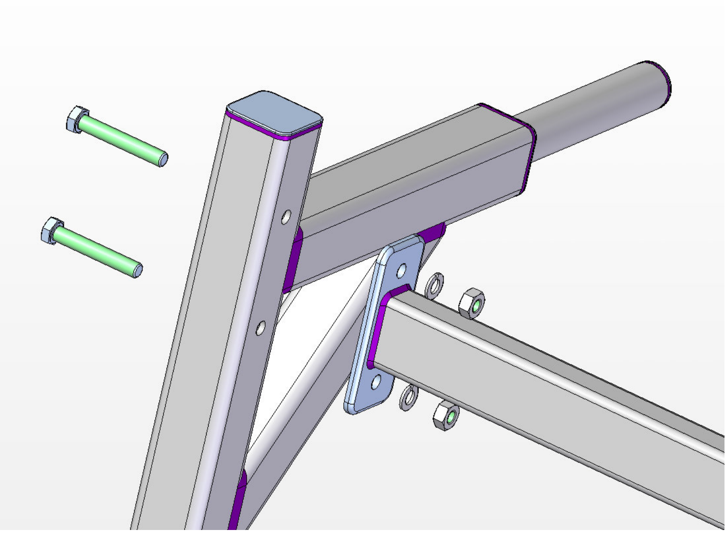


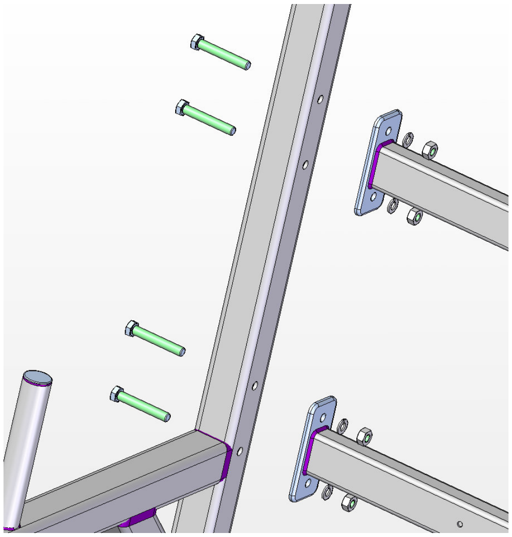
14. Weld the Support (items 1.02) to the Rectangular tubing 50x30x2 Cut Lenght 578,00mm(item 1.01) and make five of these subassemblies. Drill holes on the two of these subassemblies (see step 16).

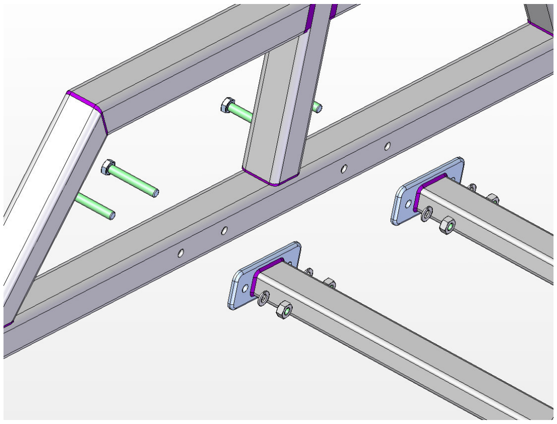


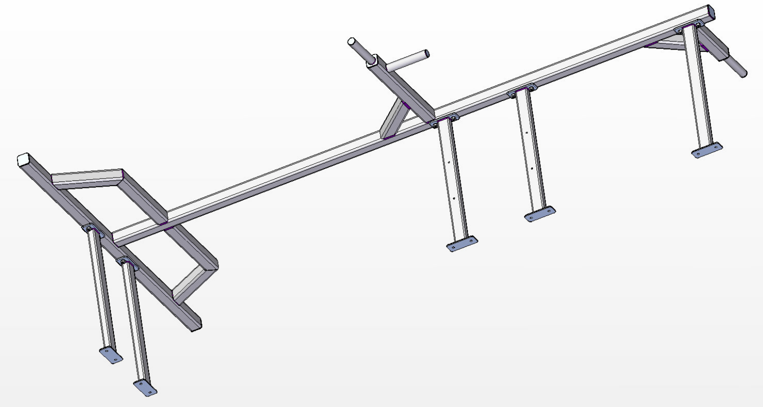


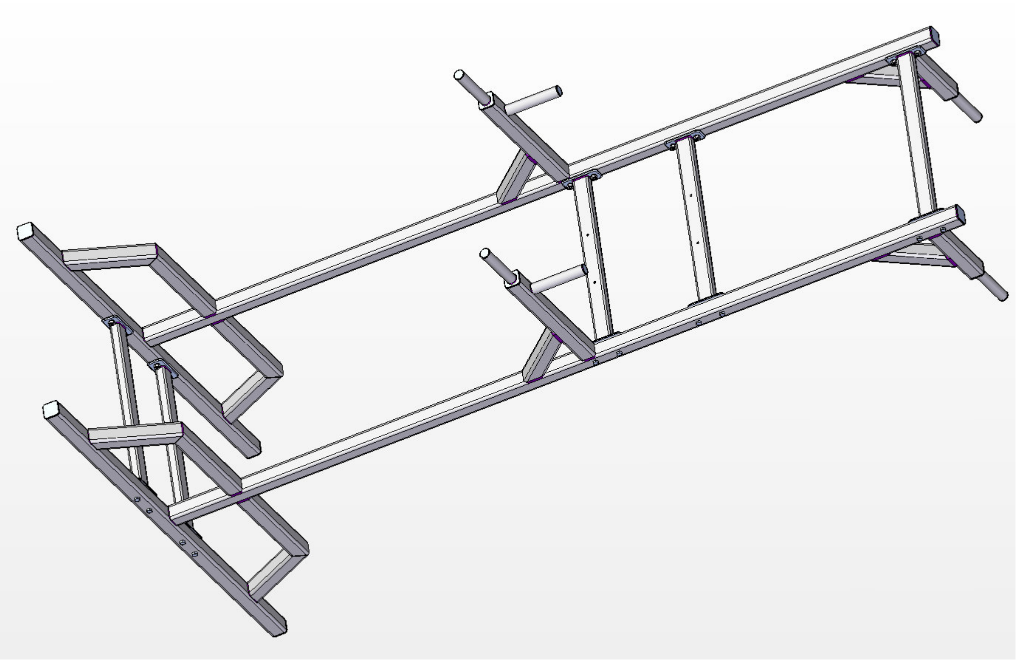
15. Fasten two subassemblies made in step 13 and five subassemblies made in step 14 together using fasteners: Spring Lock Washe 10 (item 4.01), Hexagon Nut M10 (item 4.02) and Hexagon Bolt M10x65 (item 4.03).



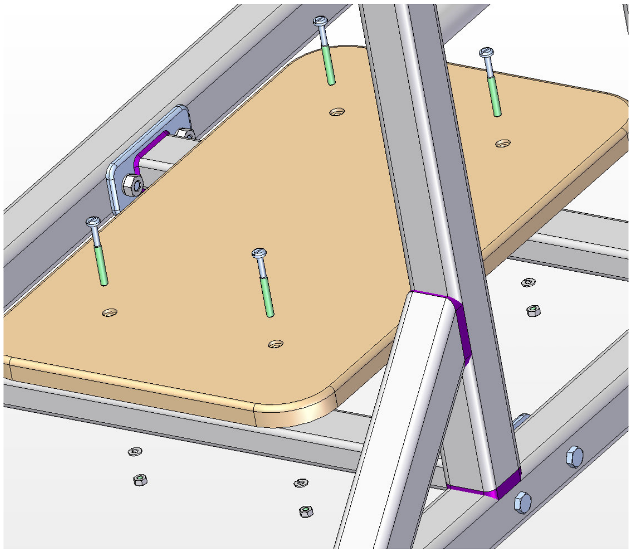


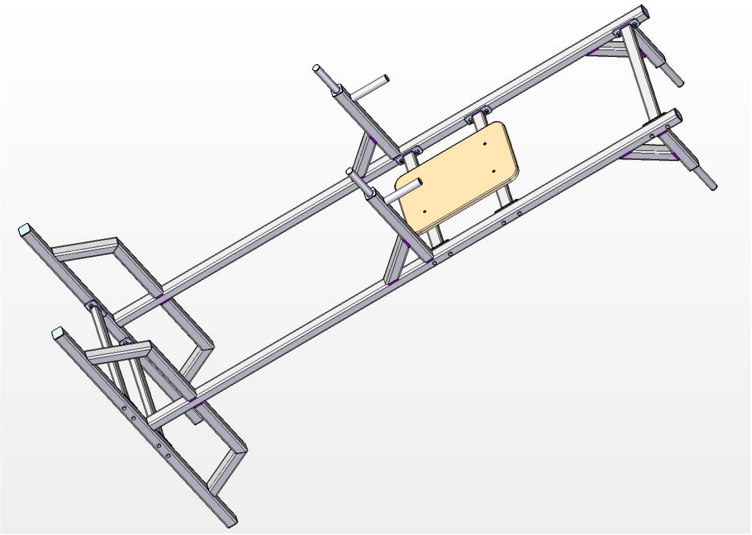






16. Fasten the Back Sheet (item 3.01) to the assembly made in the previous step using fasteners: Flat Head Screw M6x60 (item 3.02), Spring Lock Washer6 (item 3.03) and Hexagon Nut M6 (item 3.04).





17. Fix whole assembly to the floor with fastener.